

Partial Transcription of “**The Gifted Hand – The Gifted Eye**”
Amethyst Wyldfyre’s Blog Talk Radio Interview with Sheila Finkelstein
<http://www.sheilafinkelstein.com/amethyst-btr.html>

Amethyst: “... We have quite a wonderful lady that I'm going to be bringing on here in just a few minutes. Her name is Sheila Finkelstein and she and I met earlier this year ... in a workshop that was life intensive...”

Amethyst continued: “**I had a wonderful experience of really waking up to another level of ourselves and why we're here to serve.**”

So one of the things that I learned during that that experience was that I'm here to help out not just here to help but I'm here very specifically to help visionaries. And that means people who are artists, healers, speakers, performers, to leap fearlessly into their life purpose and become the leaders that they were born to be.

I'm just so delighted to have the opportunity to ... to feature some of my favorite people that I have met over the course of the last year in my journey to really open up to and connect with people on a much broader level... outside of my comfort zone.

Sheila is definitely one of those people who have come in to play that role in my life as someone who helped me to have a bigger vision of what it is I'm here to do. So I want to just introduce right now and jump right into the meat of the show but before I do that I think it's important to share with you that **as an artist we are multi-dimensional.**

Often artists are not people who just stick themselves into one slot although there are some who just paint or just make jewelry or just do photography as artists **I think we're really more tapped into a very deep creative vein and we're often called to do more than one thing.**

So Sheila not only is a phenomenal and very gifted photographic artist she is also a wonderful teacher and a terrific writer and also an artist with a paintbrush as well. (She proceeded to read from my ODE TO A PIECE OF CARDBOARD, or a Philosophy of Life. (see <http://treasureyourlifenow.com/ode>) starting with: 'What's a piece of cardboard at the base of a sculpture or an integral part of one...')

Amethyst ended with, “ I'm not going to read the whole poem because I do want to give most of the show time to Sheila. I just wanted you to have **a little taste of how incredibly insightful and visionary this person is** that I'm about to introduce you to who would take the time to really examine it.

I share with all of us about **something as simple and mundane**. And I'm sure for many of us we don't even think about it as a piece of cardboard.

So **Sheila is a former educator with a master's degree in creative arts education and a trained life coach**. And she currently is spending a large portion of her creative time and energy on the Internet working on activities which forward her passion for nature to target and inspiring and making a difference with people. This includes publishing Picture to Ponder a photo essay with Self-Reflecting Queries.”

She went on to describe some of my sites, stating: **Looking through her eyes opens up your eyes to the wonders of both your outer and inner worlds**.

One of the things that Sheila is **working on right now is with individuals and business owners who are feeling stuck in their lives and or businesses and who are open to finding new and alternate ways of viewing their situations through the lens of the camera**. *She helps clients and others in opening up their own lenses and filters to new perspectives*.

A simple point and shoot camera is the main access tool. Once referred to as “**a stand-up comic in photography**”, in part of out of her interpretations and the faces and figures she finds in nature. **Sheila brings fun and ease to the discovery process.**” So I want to introduce everyone right now to . . .

Sheila: Thank you for that wonderful introduction *and I went on to acknowledge the contribution she made to me in seeing myself reflected in her eyes. I cited a calligraphy piece my sons once gave me, “If you could only see yourselves as others see you, you would know how truly great you are.”*

Amethyst: ... I think sometimes we get stuck in our own box so much that we don't see how much we are doing and how much we are impacting other people... **We could sometimes get lost in the doing and forget about the being part and one of the things that I love about your work. . .**

You have really connected with the essence of many of the subjects of your photography and your art work in such a way that you are really able to bring forth that essence from a place where you're really in tune with the beingness of the flower or of the plant or of the animal that you are photographing. I think it takes a deep sense of personal beingness to be able to make that connection and then to share it with everyone else.

So I want to thank you for that. Can you tell me a little bit about how you get inspired

and not only how you get inspired by nature and nature's playground but how you then go through the process of deciding how you're going to share that. Can you do that for me?

Sheila: *Quoted from my first website, NaturesPlayground.com, "Nature's Playground reflects my belief that **the world is a playground for personal growth and development**; that natural environments: gardens, woods, beaches, rivers, streams - are sources for pleasure, creativity, play and self-discovery. Looking at Nature expands your sensory awareness and enhances your ability to think, create and appreciate life more deeply."*

I think it's simply allowing myself to be open to whatever catches my eye and not put a value on it. *I went on to discuss my "Seven Ways to Get Out of a Funk"... Using a Camera. And much more.*

Amethyst: Beautiful. So I want to make sure that let everybody know also that we are going to be talking about **a number of different websites** because **Sheila's not only a prolific photographer and a prolific artist she is also a prolific website creator.**

... Right now I'm on the PhotographyandTransformation.com **I love how you see pictures inside of pictures.**

Amethyst went on to describe the "cat that surrounded a hobo in a tree"



<http://photographyandtransformation.com/the-cat-in-the-trunk-responding-to-hobo-post/2009/12/10>

a response to the following post - <http://photographyandtransformation.com/picture-to-ponder-5-year-birthday-images-in-nature-vol-5-issue-45/2009/12/09>

Amethyst: **So Sheila I would love to have you talk a little bit about some of the different ways that you see.**

And more importantly some of the ways because **we started this whole kind of conversation has been about seeing it's about how one person sees another person and how you see things in nature how people see things in your photography.** So I'd really like to hone in on the seeing . . . and **how you shift focus and how you shift perception from different levels . . .**

So can you can you talk a little bit about some maybe some of the practices that you do that help you to open yourself and that you also teach to the people that you work with in **helping them to open their own eyes to the wonders of both their inner and outer world?**

SHEILA: The underlying thing I guess is **my openness and my passion for discovery.** . . my curiosity Sort of frees me up and put me in a different dimension.

Amethyst: **So what I'm hearing what I'm hearing is that you're open; you're curious; you take walks; you go out. You go out; you shift; you do something; you get up; you pick up the camera; you go outside.**

So those are practices as I define practices that I think we can all come to know, to be used to help shift our perception.

Amethyst: But you know I love that you are able to take something very mundane like cardboard or bird droppings and turn it into something beautiful or cute. . .

And you have taken it to the next level. **You are more than an artist. You are more than a photographer. You are more than a philosopher with the camera. You are also an entrepreneur and you share your art in such a variety of ways that makes it so accessible for so many people . . .** *It was holiday season and Amethyst went on to discuss different kinds of products I had available, particularly in my <http://CafePress.com/NatureArt> shop.*

. . .Went on to ask me about my Truck Art.. I wanted to hear all about the truckers because that is **something completely totally almost like counter-intuitive.** You take all this magnificent photography and you do all this art work of fantasies and flowers and nature and animals and then all of a sudden we have truck art and I love that. I love that.

Sheila: I then went into the **STORY of the Truck Art and beyond, the experience which grew into my owning myself as a "photographer."** It was the start of my **developing passion for using the camera. . . .**

At one point we got into my Lulu Book_ PICTURES TO PONDER: INSPIRED JOURNALING I cited the story of one person who would randomly open the book to what became the "flower of the day for her." Propped open on her desk it gave her energy for the day.

Sheila's got a really wide range of experience in both education and sales and she has a master's degree in creative arts education and has taught in public schools. She has taken all of her gifts and kind of mashed them together into an opportunity for people to connect with her, to help get their eyes opened to, not just their inner and their outer worlds, but to that bigger picture that can come from connecting with other people.

We went on to discuss the upcoming <http://ThroughandFromtheLens.com> course that was coming up.

In response to Amethyst's question about the importance of community in my work...

I discussed how during the four week course participants get into the practice of using their cameras, following simple "noticing/seeing" assignments, then sharing them on Flickr, talking about them during the next session.

A lot of the growth and development occurs as participants see how many different ways people perceive the "same" image, as well as the choices of subject matter.

*Sheila: describing one person's experience of all of her friends helping her find, "pink", her color of the week. I pointed out that she said that **when she experienced the power of standing in intention.** . . .*

Amethyst:... I want I just want to make it clear to people that this is not the kind of workshop where you just go to learn how to use a camera. This is a workshop where you learn **how to use a camera to transform in some way.** Would not be an accurate description?

Sheila: Absolutely. I say **I'm not a technical camera person.** . . For the most part my pictures . . . are taken on automatic settings . . .

One of the things that, of course, will come out of a picture composition will be looking to see how **different kinds of compositions have a different effect on us. But it's not a heavy like technical thing. Again it's all part of the seeing process and some cropping.** . . some photo editing things that people like to have easily.

Amethyst: Right. So **it's really it's really about helping people to see in a different way.** You know you know kind of steering us back to the beginning of our work together

what we started talking about it's about helping people to see in a different way.

Amethyst: . . . Sometimes we can get into a rut. . . **even with our inner world explorations and so I definitely recommend thinking about alternative ways and alternative practices because when you know maybe pick up a new practice it actually can expand your inner and outer worlds** *She pointed out the practice of journaling from photos.* Practice where you look at **connecting with photography and with Sheila for her wonderful insights and guidance and teachings and wisdom.**

Sheila: *I acknowledged that most of what we talked about was outside and Nature. I went on to say. . .* Those of you who are inside still can use your camera in the car. I remember photographing various views of a ceiling fan, as I lay in bed in a “funk.” I’ve photographed magazines in a magazine rack. . . Shadows on a floor and more.

Conclusion -

Amethyst: Well you are welcome I **really feel it's important to you know to focus on people who are doing big and beautiful things in the world and you are certainly one of those people Sheila.** I have a fondness a personal **fondness for beauty** and so I'm an artist too so when I see your work and I reflect on my work I'm able to look at my own work with different eyes.

So I want to thank you Sheila very so much really for coming on today and for sharing with everyone and I hope that you have really magnificent holidays. I know that you're getting ready for Hanukkah right now aren't you.

Tonight is the first night of Hanukkah and I love that holiday is all about illumination. So I love that.

We have been able to spend this time together illuminating your great work in the world and illuminating a path for people who may want to connect with you and who may find some value in supporting artists and supporting people who take the time to connect with the world in a different way and create.

Amethyst concluded mentioning her sites, <http://www.theenergyjourney.com> her “latest site” at the time, “for energy mastery for the evolving entrepreneur” and her main site <http://AmethystWyldfyre.com>