

WORKING WITH THE STONE THAT CAME TO YOU

For the two months of October and November, we are in the throws of Fall, the element (in Chinese Medicine) of Metal & Minerals. Minerals are building blocks of earth and of our bodies. A stone is an aspect of the building blocks of life, that has created the physicality of earth giving us a full range of life. Essential Minerals are often what we hear in the world



of vitamins and supplements; these essential minerals come from stone. Stones are the bones of the earth and build our own bones, giving earth and all living beings structure.

As you find your stone to work with this year here are some guidelines: Ask Stone to come and help you. Helping may be in the form of building a relationship with the elements. A stone will show up if you ask it to—it may take a while to know which stone is the one who wants to come along. Listen and watch. Looking at stone as a sovereign being, we could say that stone belongs to a nation. Indigenous peoples have referred to stones as the stone nation.

A new altar might have a stone as its foundation. Which could be the beginning of building something new. Stone has been on the earth for a very long time. Eons... it is said that stone is the first born material being coming from consciousness holding the memory of consciousness from the beginning of time. It has experienced life since the beginning, experiencing life over and over and over again and again and again. Humans are like mayflies to them, we come and we go. But Stone has the ability to understand life and how to show up.

STONE MEDITATION:

PLAN TO TAKE SOME TIME WITH THE STONE AS IT TAKES A WHILE TO GET THE COMMUNICATION FROM THE STONE.

HOLD YOUR STONE. CENTER YOURSELF (You could do the Cosmic Orbit here). NOW DROP INTO A PLACE OF QUIET MIND, OF STILLNESS AND SILENCE. YOU WILL NEED TO SLOW DOWN AS STONE IS VERY QUIET AND SLOWED DOWN. ...REMEMBER, THE STONE HAS BEEN ALIVE FOR EONS. TO A STONE, WE HUMANS ARE GONE IN A BLINK OF AN EYE, WE ARE LIKE MAYFLIES TO A STONE. STONE HAS SEEN IT ALL AND HAS BEEN HERE FOR MILLIONS OF YEARS.

STONE HAS SEEN THE DIFFICULTIES OF LIFE, THE BIRTH OF LIFE AND THE DESTRUCTION OF LIFE. IT HAS SEEN THE PRESERVATION AND QUIETNESS OF LIFE AND THE TUMULT THAT HAS OCCURRED WITH THE NATURAL WORLD AND THAT WHICH HUMANS HAVE CREATED. IT HAS SEEN ANIMALS AND PLANTS COME AND GO. IT HAS BEEN MOVED AND BEEN CHANGED BY WATER, STORMS, WIND, AND EARTH MOVING.

WHAT IS THE MESSAGE STONE HAS FOR YOU? WHAT DOES STONE HAVE TO TEACH YOU? WHAT WOULD STONE LIKE IN RETURN FOR BEING AN ALLY. HOW WOULD THAT RECIPROCAL RELATIONSHIP LOOK?

DROP INTO THE COMMUNICATION. THERE IS A PEACE FOUND IN STONE THAT YOU CANNOT FIND ANYWHERE ELSE. STONE IS AT PEACE — CAN YOU SENSE PEACE AND PERHAPS RECEIVE PEACE FROM STONE?

PERHAPS STONE CAN GUIDE YOU TO COME INTO A HEALTHY ALIGNMENT WITH LIFE. FIND PEACE AND A DEEP ACCEPTANCE OF LIFE WITH YOUR STONE ALLY AND WITH STONE NATION.

