



Choosing your stones

When you are out walking hold the intention that you would like to find the stones that are right for you to work with.

Choose stones that speak to your Soul and call out to be picked up.

Connecting to your stones

Elements in Nature LOVE to be connected with us so this is deceptively simple.

Close your eyes and breathe deeply with your stone in your hand.

Feel the texture and the weight.

Look closely at your stone and see every bump, ridge and colour. Start to notice how each of your stones makes you feel.

Building relationship with your stones

As with anything, it takes time to connect and to build relationship with your stones. Carry them around with you, have them by your bed and begin to feel your attachment to your stones grow.



Asking for advice from your stones

If you know how to go on a Shamanic Journey, then Journey to the Spirit of your Stone to ask for Wisdom and Guidance. You can also connect with your Stone as below, asking your Shamanic Guides to support your connection.

If you do not Journey yet, then that is no problem at all! Just follow these steps:

ENSURE YOU WON'T BE DISTURBED

I recommend lighting a candle and calling in the diving light of the Universe to your space to circle you with its loving embrace as you connect with your Stone.

CLOSE YOUR EYES

Take some nice deep breathes and play some relaxing music. Imagine your stone in your minds eye.

When you have a clear feeling of your stone in your imagination (it can help to hold the stone in your hands), ask your question. I recommend one at a time. Keep it simple.

Example Question Guide

What action can I take to assist me with X issue?

Give me some clarity on my next step in life?

Show me how I can improve myself?

BE OPEN TO HOW YOUR BODY FEELS AND NOTICE THE FIRST THING THAT POPS INTO YOUR HEAD. YOU WILL NEED TO LEARN HOW YOUR STONE COMMUNICATES WITH YOU.

Working with stones is not an exercise in fortune telling - we are communing with nature and asking for support for our life path. Keep your questions about yourself and not about others (this is ethical and using this insight for others requires training and experience).