



A Healing Stone Talisman

A Talisman is a visual blessing for letting go, celebrating, healing or gratitude. By holding an intention and placing it into your stone, you can have a physical reminder of the work going on in your life. You can release stress and move toward your own health and well-being.

Materials needed:

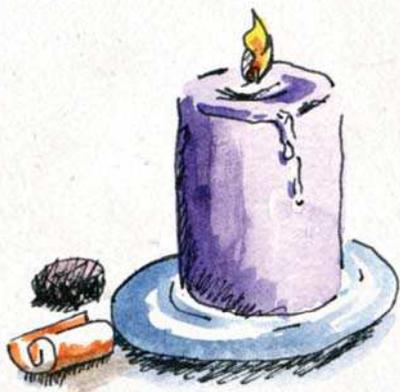
Stones – river stones or backyard stones, large or small

Paper - Origami paper, scraps of beautiful paper, or plain ole printer paper

Thread – String, yarn, ribbon, jute

Scissors, Pen or Pencil

Optional – Candle, music



You can create these outdoors or indoors. With music or without. Lighting a candle or not. In community or alone. Always best in quiet surroundings.

1. Think of an intention, a prayer, a blessing, something you want to give thanks for or something you want to let go of.

2. Holding that intention, select a stone.



3. Hold the stone in your hands as you repeat your intention, placing those thoughts into your stone. Select a piece of paper and write your thoughts down, then fold it into a square or rectangle, or roll it up into a scroll. You can date it if you like.



4. Select your thread and cut a piece at least 36 inches long.

5. To seal your blessing into your stone, place your written prayer or blessing on the stone, then wrap the thread or yarn around and around the stone while repeating your intention. Leave a long strand as you begin to wrap your stone and tie a knot when you finish.

6. Place your Stone Talisman where you will see it on a daily basis. Place it beside a photograph, on a window ledge, on your bedside table. Or outside, near a favorite plant, or in a nook in your garden or within a tree. You will know where to place it.

7. Visit your Stone Talisman from time to time. Pick it up and remember, wrap another intention around it. Add charms or feathers or moss, small photographs. There is no wrong or right way to do this; let your imagination take charge. It will not fail you.

