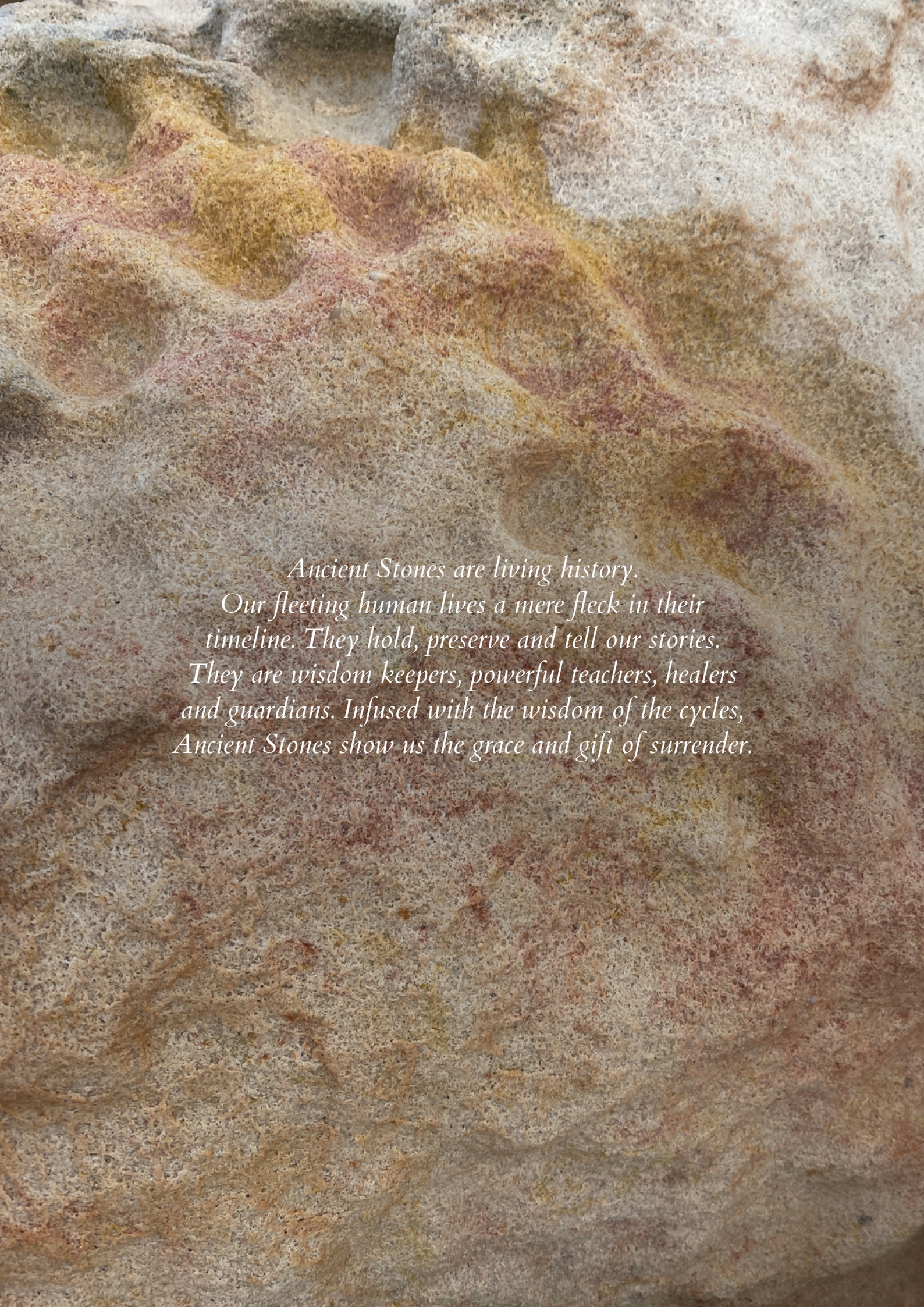


INNER TEMPLE MYSTERY SCHOOL

△
THE ANCIENT
STONES MYSTERY

with REBECCA CAMPBELL



*Ancient Stones are living history.
Our fleeting human lives a mere fleck in their
timeline. They hold, preserve and tell our stories.
They are wisdom keepers, powerful teachers, healers
and guardians. Infused with the wisdom of the cycles,
Ancient Stones show us the grace and gift of surrender.*



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INTRODUCTION

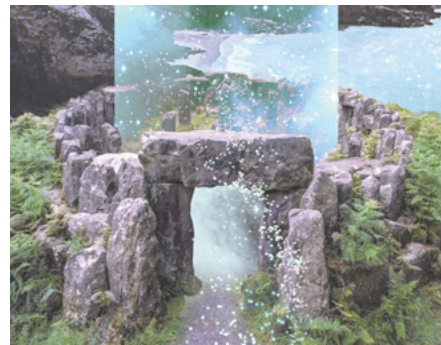
Part One

THE ANCIENT STONES MYSTERY

Welcome

Welcome to *The Ancient Stones Mysteries*. Now we are going to be reaching back to the ancients and grounding ourselves with the steady, soothing, timeless, powerful energy of the Ancient Stones. The power of *The Ancient Stones Mysteries* is incredibly subtle and potentially deeply transformative. May we all be open to hearing the whispers of their ancient wisdom.

It feels important to clarify that when we talk about 'Ancient Stones', we are talking about stones of all sizes and shapes, as well as rocks and crystals. I'll go deeper into the definition of each of these, but holding that shared understanding from the beginning feels important. Essentially, this module is about connecting with the ancient wisdom of the Earth that is held in all rocks, stones and crystals.



In this module we are using Ancient Stones as our guide to experience the Sacred in an embodied way. We will be experiencing different practices that serve as gateways for us to return to our own true nature, hear the voice of our soul, explore the unknown and, ultimately, reconnect with the Sacred Intelligent Pulse of Life that is woven through us all.



My journey with Stones began as a young girl growing up near Long Reef Headland in Sydney, Australia which is known for its ancient unique rock formations. The custodians of the land there are the Garigal people and the Gannagal people of the Eora nation. The rich red rock that was formed over 240 million years ago always took my breath away. These rocks are some of the oldest exposed rocks on the coastline and give the area and water around it a reddish appearance. I remember playing with the clay at the top of the headland while waiting to race at swimming club and the endless rock pools that formed in the hard blood red rock out on the reef at low tide.

Actually, the first dedicated altar I created for *The Inner Temple Mystery School* when it was just a seed, was with my husband Craig and our friend Amy Firth. We stood together in the rain on these rocks at Long Reef, adding water all the way from the Chalice Well in Glastonbury to the crashing waves of the Pacific Ocean around us.

As a teenager, I was endlessly drawn to my local crystal shop to run my hands through the exquisite and powerful gems. I've always felt open to their beauty and energy. Looking back and joining the dots, I can actually see how intuitively I have always seeked out the presence of Ancient Stones.



However, when I was eighteen I was introduced to the megaliths of Europe on my first solo pilgrimage to the lands of my ancestry. I have since traveled to many stone circles and caves around Europe and have been blown away by the ancient wisdom that I felt while there. I'm looking forward to going deep with you as we explore our connection with the stones and connect with their subtle, ancient energy. I believe they hold ancient wisdom and messages for us all from both Earth and other parts of the Cosmos yet to become part of the collective consciousness.

Working with stones is powerful, physical and requires us to listen deeply. My prayer is that you journey through *The Ancient Stones Mysteries* feeling truly held and supported and use the invitation to follow your own curiosity and intuition about what medicine, messages and gifts the stones have for you.



WHAT YOU WILL NEED FOR THIS MODULE

Getting organized

Here is a list of some of the objects that you may need for this module. Always try to source locally and sustainably where possible.

I also really encourage you to be mindful of your impact on the environment. Using stones and pebbles you find along your way can be just as powerful as rushing out to splurge on crystals. But also be mindful about disturbing nature: always ask for permission first.

- △ **Candle(s) for evocation**
- △ **Stones-themed altar items such as pebbles, crystals, shells, clay etc**
- △ **Stones-themed altar item for your *Inner Temple Mystery School* altar**
- △ **Essential oil or water for anointing**
- △ **Stone or crystal for Scrying practice (ideally one with a reflective surface or partially transparent)**
- △ **Tealight candle**
- △ **Find a labyrinth near you. The worldwide [labyrinth locator](#) shared by Veriditas and The Labyrinth Society may help (if there are no Labyrinths near you, you could attempt to create one, or use the finger labyrinths provided).**
- △ **Pendulum (you can source one or create one from looping a string onto a small stone or crystal)**
- △ **Four small crystals or stones for grid work**
- △ **Candle, oils/water for Completion Ceremony**
- △ **Pen or pencil for *Soul Inquiries***
- △ **Oracle Cards**

THE CALL OF THE STONES

My journey with Ancient Stones

Stones are the most permanent material on Earth. They have seen civilisations come and go. They have witnessed and withstood eons. I believe stones are wisdom keepers. They are powerful teachers, healers and guardians. I believe they offer us a portal to reach back into our ancestry. I believe they are infused with the wisdom of the cycles. They are incredibly unique yet abundant. Rock holds our Earth together.



They are an expression of the Earth yet also hold the story of the Earth. We learn the Earth's history by studying the layers preserved in rocks. They are living history. Our fleeting human lives a mere fleck in their timeline. They hold, preserve and tell our stories. Stones show us the grace and gift of patience and surrender.



They also mark the way. They create a sense of place. They stand guard. Their permanence sees them literally holding, marking and shaping our landscapes. They beguile us with their intricacies and astound us with their sheer scale. From the standing stones of Britain and Ireland, to the Sacred Mysteries of Uluru's Ayers Rock, from grains of sand in between our toes, to the well-worn gemstones in that family heirloom necklace, there is a story to be told and carried through Ancient Stones.

We stack stones to create a guidepost. We etch into them to capture a life lived. We build our houses out of them and pave our roads with them. We gift them to our beloveds. We skim them across lakes. We create paths through our gardens. We circle them around our campfires. We whisper our prayers into them. We tile our bathrooms with them. We receive their warm healing through massage. We sculpt them into works of art. We pummel them into cement to build our cities. We grate them into salt to season our food.

Once you open yourself to hearing the whispers of Ancient Stones, you will notice they are truly everywhere. From the power of Stonehenge and the grandeur of the Giza Pyramids, to the annoying pebble in your shoe or the sparkling quartz in the pavement. The quiet, constant steady presence of stones is all around us. May we all be open to hearing their Sacred wisdom.



I was introduced to crystals in my teenage years and dove into a multifaceted world of exploration. I would save up my pocket money and the cash I earned from babysitting to buy a new crystal each week. I was drawn mostly to the ones that had clarity and were shades of blue to iridescent pearl. They ignited something familiar within my soul.

Throughout school I had a deep interest in ancient history and anthropology and loved learning about temples, pyramids and stone circles built by the ancients.



Stonehenge, UK

However, stones in the traditional sense were not something I consciously thought much about until I answered an inner call to travel to the UK when I finished high school. It took six months working four jobs to save up for my plane ticket and afford my trip. Looking back now, with hindsight, I can see that I was led on a pilgrimage to the Sacred sites of my ancestry. From Scotland to Scandinavia, Newgrange to the Isle of Sky, Stonehenge to Avebury, I found myself strangely drawn to ancient stone wonders that stood there having resisted the sands of time.



On my trip I found myself fascinated by the gravestones in ancient churchyards. When I returned home and got my film developed there were hundreds of pictures of stone headstones and statues overrun by yew trees and ivy that had captivated me in a way I could not quite explain.

I was also fascinated by the ancientness of the buildings, most of which were older than the modern history I had been taught about 'Australia'. I think in a way I always felt a sort of longing for home without quite knowing what that meant. Being on the land in the UK and Ireland, connecting with these stones in so many forms met me in a way that I could not express. Looking back now, having learned more about colonialism and with much more cultural awareness about what really happened to the Aboriginal people of what is now called Australia, it makes more sense.



The Entrance Stone at Newgrange, Ireland

I've since learned a lot more as well about my own ancestors from Ireland, Scotland and the Nordic Islands. Sometimes I feel when I connect with the stones I am in some way connecting to my long forgotten ancestors who lived on these lands. I wonder if the stones can hold that for us. I returned to the UK in the mid-2000s to work on my career in the big city of London. A city steeped in history and a lot of stone, from statues to churches, from cobbled streets to city squares. I began recognising how different cities have different energies or spirits to them and wonder how much of that the stones hold and emulate.



Old Man of Storr, Isle of Skye

Energetically, London feels to me like someone who has nothing to prove. It has seen so many people and eras come and go, that it has a spirit of a solid, quietly confident great aunt or uncle. At the time, smart phones were not a thing yet, so I would hit the cobbled streets and pass the huge stone buildings led by my trusty pocket *A-Z of London* map book to get to interviews, attempting to make my way in this city of dreams. These years were so influential for me, that even now when visiting different parts of London, I find memories almost etched into the stones from street to street, corner to corner.



Glastonbury Abbey ruins

I lived in London for thirteen years, in different stone houses north, south, east and west, and even now my mind is blown away with the knowledge that the house I currently live in is older than the modern Australia that I learned about in school. And the church nearby is twice as old as that. In the center of town are the ruins of one of the oldest monestaries in Europe. Stories about it can only be told through myth and legend. And a little bit further up the road, the iron dense rocks of the earth underneath color the water of the chalice well spring red.

Stones seem to have a way of putting things in perspective. My current house has walls that are very thick and solid and I really notice the feeling of being held that they bring.

In 2010 I went traveling from Istanbul to Egypt via Syria. From the salt baths of Pamukkale to the pyramids in Giza, from the ancient library in the lost city of Petra to the fairy chimney scattered rock city of Cappadocia, from the Citadel of Aleppo to the Wadi Rum desert.



The Great Pyramid, Cairo, Egypt 2010

I am very open to the possibility that the stones hold memory. When I was camping on the sandy desert floor under the stars in the Wadi Rum desert, I swear I could hear the ocean, although it was nowhere near. I later found out that the desert there used to actually be an ocean and where we were laying was once an ocean floor.



Wadi Rum desert, Jordan



Petra, Jordan



Merlin's Cave, Tintagel, Cornwall

I remember spending a morning wandering through the rose-tinted caves of the lost city of Petra, almost able to hear mystical poetry being recited. I wonder if it is the stones that hold those memories or vibrations within them. Three other stone-themed places that have had a real impact on me are Avebury in Wiltshire UK, Nectan's Glen in Cornwall and Merlin's Cave, also in Cornwall.

I have taken several groups to these places on pilgrimage and seen firsthand how much the stones can unlock and activate. They seem to offer the power of recollection to many people who visit them. It's a powerful experience that is hard to explain or measure. It's both gentle and powerful. Subtle and significant. I also wonder if the stones also carry the blessings from all of the people who have journeyed to them, holding their wishes and their prayers.



Avebury, Wiltshire, UK

When I am visiting a Sacred stone circle or temple, I find I naturally want to rest the palms of my heart and my third eye on them. I think this is a gesture of bowing in devotion and humble gratitude, as well as opening myself up to receiving wisdom from the stone if it chooses to transmit it.

In 2018 I returned to Egypt and went on a pilgrimage with a group of people down the river Nile. For me, the Temple of Isis was one of the most powerful. This temple was once submerged underwater and has been re-erected and placed nearby. Like the Wadi Rum desert, it felt like the water that once surrounded it could be felt still today in the stones. And the more I work with both water and stones, the more I notice how somehow connected they are.



Philae Temple, Temple of Isis, Aswan, Egypt



Dendera Temple, Temple of Hathor, Egypt

Later that same day I visited Temple of Hathor in the Dendera Temple complex and had an equally powerful experience there. The intricate ceilings and secret chambers took my breath away and I can still feel the connection I felt there even today...

There are more stories to tell and definitely a lot more stones to journey to on my bucket list! But I will leave it there for now...

I am constantly surprised by how passionate I am about the topic of Stones. While they may be comparably more subtle than some of the other Mysteries of nature, to me, there is something extremely deep and activating about them, and it seems, so much more to learn, remember and uncover about them. So I am excited about your exploration of them!



AN INVITATION

My prayer for *The Ancient Stones Mysteries* module is that it reminds you of the powerful and subtle holding that is all around us. May you feel held steady by the ancient stone beings and hear the blessings of their wisdom. May you remember that this fleeting human life is precious, powerful and important.

I pray that you can lean into the steadfast support that surrounds you, to give yourself over to gravity just a little bit more. May you discover what has always been holding you. May this Mystery module encourage the innate Sacred intelligence in you to remember and may you feel cherished by all that witnesses you.



SOUL INQUIRY®

Your journey with Stones

Take some time to reflect on your connection and journey with stones (rocks, stones and crystals) currently. Maybe you have experienced their energy for many years, or perhaps this is a new beginning for you.

Explain your journey with stones so far. How have stones been present in your life? What memories do you have?

What do stones symbolize to you? What do you know about them? Do you see them as a Sacred guide? Or is this something new for you?

How have stones shown up for you in your life? This could be physically, symbolically or spiritually.

Where are there stones in your neighborhood or city? Are there Ancient Stones that you can visit?

Have you ever visited a stone circle or Ancient Stones near you or around the world?

Have you ever been given stones (rocks, stones, crystals)?

Have you worked with stones in any other way? e.g. crystal healing, visiting stone monuments, circles or temples, wearing crystal jewelry, crystal sound bowls, pendulum work, crystal grids, altar work with stones, crystal scrying. Explore below.

With Ancient Stones as your guide, is there an area of your life that you would like to focus on during *The Ancient Stones Mysteries Module*?

THE ANCIENT STONES MYSTERY TEACHINGS

An exploration of history, folklore and myth

From the first inner rumblings within the Earth's crust, to being honed as tools through the Stone Ages, to the precious jewels used to adorn royalty, stones, rocks and crystals tell the story of our planet, our civilizations, our customs and our spiritual traditions.

The Rosetta Stone. The Blarney Stone. The Sword in the Stone. Stonehenge. Stone altars. The Stone of Destiny. Guardian Stones. Indigenous story stones. Statues. Headstones. Standing stones. Precious stones. Hag stones. Boundary stones. From the tips of Everest, to the depths of volcanoes, to the expansive Mysteries beyond the ocean floor, the facts and folklore of ancient stones is truly a path of awe and wonder.

Stretching back beyond our comprehension, the oldest rocks found on Earth are approximately 3.8 billion years old. There are even some minerals that date back to 4.2 billion years ago. To put that in perspective, our human history here on Earth only begins roughly two million years ago. A blink of an eye in the lifetime of an ancient stone.



Necten's Glen, Cornwall

DIFFERENT TYPES OF ROCKS

So let's begin from a scientific understanding of what stones are and where they come from. I find that reaching back and starting from this grounded and informed place offers powerful imagery and information for us to weave into our mystical path going forward. I wonder what resonates for you as you read on...



The National Geographic Encyclopedia states there are three types of rocks: **sedimentary**, **igneous** and **metamorphic**. Each of these rocks are formed by physical changes that are part of the rock cycle e.g melting, cooling, eroding, compacting or deforming.

The three types of rocks:

- △ **Sedimentary rocks** are formed from parts of other existing rock or organic material. They accumulate in layers and form over thousands of years by sediment being compressed by elements such as rivers, wind, glaciers and oceans. They were formed through millions of years of heat and pressure. A few common varieties of sedimentary rock include chalk, sandstone, shale and limestone.
- △ **Igneous rocks** (deriving from the Latin word for *fire*): Igneous stones are mainly formed through volcanic material where liquid magma has cooled and solidified underneath the Earth's surface. Some common types of igneous rock include pumice, basalt and granite. Volcanic eruptions are also the source of volcanic glass, which is known as obsidian.
- △ **Metamorphic rocks** are rocks that have been changed from their original form by immense heat or pressure. Metamorphic stone is created via a natural change from one type of stone to another through a mixture of heat, pressure and minerals. Common forms of metamorphic rock are quartzite, slate, marble and soapstone.

Whilst the terms are often used interchangeably, there is a difference when defining 'rocks' and 'stones'. To put it simply: stone is smaller than rock. Often stone is cut from rock. Rock is considered a raw material made up of mineral and stone matter. Stone often involves some sort of human involvement or handling. Basically, you can't lift and carry rocks due to their sheer scale – they are mostly embedded in landscapes – whereas anything you can find a way to move or carry is considered stone.

MEGALITHS + MONOLITHS

As we deepen into the mystical elements of the Ancient Stones, you'll hear me talking about 'megaliths' and 'monoliths', so let's get clear on what we mean. It can become confusing especially as a monolith may feature as a part of a megalith.

A *megalith* is a single large stone that is part of a grouping of large stones to form a creation. Stretching back centuries to 5,000 BCE, large stones either unwrought or roughly worked were positioned in lines or circles (e.g. Stonehenge, England) or sometimes arranged in alignment with Sacred sites (e.g. Newgrange, Ireland).



Stonehenge, UK



Easter Island, Chile

There are vast examples of megalithism found right across the globe, such as the funerary monuments near Valencia de Alcántara, Spain, and the Moai statues on Easter Island. The ceremonial arranging of huge stones is a Sacred practice found in many early cultures around the world, from the Egyptians and Mycenaeans, to the Inca in South America. And these sites are ancient. Properly ancient.

There is a Sacred megalith site in the western Egyptian desert, the Nabta Playa, where a series of standing stones were erected in alignment with the stars. It's believed this site was created more than 7,000 years ago, around 4,200 BCE. That's approximately a millennium earlier than Stonehenge.

A *monolith* is a geological feature made up of a singular massive stone or rock. e.g. Ayers Rock in Uluru, Savandurga Mountain in India or the Rock of Gibraltar. Some monoliths, such as The Devil's Tower in Wyoming, USA are the core of volcanoes, what's left of a volcano after the outer rock erodes away, leaving only the igneous core. Often monoliths are connected to ancient myths and indigenous folklore as to how they came into being. For example, myth surrounds Canada's awe-inspiring mountain named Stawamus Chief, with stories passed down that the cleft in the rock face was left behind by a sea serpent with two heads as it was being pursued up the mountain by a young warrior.

CRYSTALS HOLDING HEAVEN + EARTH

Because of their exquisite colors, textures and unique variety, it took me a long time to deeply understand and see crystals as earth themselves. I sense a lot of us feel like crystals are somewhat cosmic or heavenly when really they are made *in* and *of* the earth. To me, crystals invite our soul to express itself more fully through their unique beauty, in a similar way to poetry, art and flowers.



Technically, a crystal is not a rock but a mineral. Everyone is drawn to different crystals for different reasons and really paying attention to which crystals sing out to you is a beautiful Inquiry unto itself. The field of crystal healing is so vast and wide that I won't attempt to cover it in this module. However, it feels important to acknowledge how crystals effortlessly do what I've been striving to do in my work for many years, which is to weave heaven and Earth together.

They are a remarkable vessel for that sweet and Sacred meeting of the above and the below. For me, they truly carry that Sacred pulse within the physical.

PAUSE & REFLECT

What is your relationship with crystals? Do they hold meaning for you? What do you know about them? What do you not know about them? Do you see them as mystical creations of the Earth? Or more cosmic in their energy?

STONES HOLDING ANCESTORS

If crystals hold the vertical thread of heaven and Earth, then it's helpful to imagine ancient stones holding the lateral thread, stretching back through our ancestral timelines for centuries upon centuries. Stones hold a direct line to our ancestors. This has always felt true for me and continues to come through in our research. Have you ever walked somewhere you know your ancestors have walked? Have you passed buildings that stood when your grandparents were children? Have you pressed your forehead to the Ancient Stones of pilgrimages, knowing thousands of people have walked before you? There is a power and sense of place that arises when we consciously walk in the footsteps of those who have gone before us.



Walking. I am listening to a deeper way. Suddenly all my ancestors are behind me. Be still, they say. Watch and listen. You are the result of the love of thousands.

Linda Hogan



Uluru, Australia

In Madagascar, stones belong to the world of the ancestors and are used to construct tombs and monuments. In Australia, custodians of the land of Uluru – the Anangu people – believe that Uluru and its surrounding country holds the spirits of their ancestors.

In New Caledonia, it is believed each stone has a name, a history, a life, resulting from the spirit enclosed within it. In the Trobriand Islands, near Papua New Guinea, it is widely believed that the ancient stones have influence on the life, health and prosperity of the people.

Native Hawaiians believe that their Ancient Stones are alive, that one can feel a heartbeat or the movement of blood as it courses through the veins of lava-formed rock. Stones in Hawaii are believed to be inhabited by the *manu*, the life force of ancient ancestors, and hence must be protected and treated with great respect. Sacred Stones were also used as a powerful portal supporting birth.



Kauai, Hawaii

As Lahe'ena'e Gay's brilliant article 'Sacred Stones of Hawaii' explains 'over time the stones and even the land they occupy are believed to gain energy and power. Naturally grooved birthing stones, like those found on the island of Molokai, allowed a newborn to slide safely into the waiting arms of an aunt or sister. Islanders thought that to give birth in this manner was to be at one with the Earth.'

FOLLOWING THE SACRED STONE THREAD

The presence or use of Sacred Stones can be found in many of the world's religions. The magic and mystery of minerals and crystals has long offered insight and a focal point for many a spiritual practice e.g. thumbing through prayer beads, crystals anchoring meditation altars, prayerfully-laid stone mandalas.

It is believed by some that working with stones and crystals reaches right back to the lost civilisations of Lemuria and Atlantis. From archaeological history, we know that our prehistoric ancestors were often buried with crystals, which also demonstrates the reverence the ancients had for precious stones and minerals. The Penn Museum in Philadelphia displays the ornate jewels, stones and beads that adorned the Sumerian Queen Puabi, who we now know was buried surrounded by precious jewels, stones and minerals.

The exhibition notes detail the fuller discovery of her royal tomb stating, 'she wore chokers, necklaces and large lunate-shaped earrings. Her upper body was covered by strands of beads made of precious metals and semi-precious stones that stretched from her shoulders to her belt. Ten rings decorated her fingers. A diadem (crown) made up of thousands of small lapis lazuli beads with gold pendants depicting plants and animals was apparently on a table near her head. Various metal, stone and pottery vessels lay around the walls of the chamber.'



Ancient Sumerian mythology also speaks to this notion of stones as protection with the fable of Inanna, the Goddess of Love, traveling to the underworld with a rod and a necklace made of lapis lazuli to protect her journey. Similarly we learn that in Ancient Egypt crystals were used not only to protect the dead but to also bless the health of the living. In her article 'How Ancient Cultures Used Crystals and What We Can Learn From Them', Faith Davis explains, 'Gemstones were one of the favorite spiritual tools for balancing the *Ka* (the person's life force) and *Ba* (the non-physical traits of a person) energies.'

They believed that each crystal had its own *Ka*, and therefore, the power to strengthen the *Ka* of any Egyptian. Royalty even used ground lapis lazuli for their eye makeup to assist in opening the third eye and to achieve illumination and greater wisdom.'

STONE CIRCLES

Ancient stone circles are found all around the world. It's believed they were created and used for many cultural and practical purposes such as religious ceremonies, rituals and practices. They also served as a communal space for exchange and trade. But mostly, stone circles were and are Sacred sites. The design and alignment of stone circles is symbolic, which to me shows a deep connection to spirituality and a belief in an Otherworld. Many have been used as burial sites and indicate the ancestral wisdom of a time when we lived much more in flow with the seasons and solstices.

Solar and lunar alignments are an important feature of many stone circles. The only reason we know that the summer and winter solstices were of great importance to our ancestors is because there are ancient monuments all over the world that align with these solar events. Many of the stone circles in Britain and Ireland are aligned to the solstice sunrise, and on my travels in Egypt I visited temples and tombs that were also constructed to mark these days.



One of the most famous stone circles in Britain that aligns to the Summer Solstice is Stonehenge in Wiltshire, England. Archaeologists believe that it dates back to at least Neolithic times. The *National Geographic Encyclopedia* confirms that 'Stonehenge is the most architecturally sophisticated prehistoric stone circle in the world. The precise, concentric plan utilizes two types of stones – the largest weighing more than 40 tons – that were transported 150 miles to create a megalithic masterpiece.'



Avebury, UK

Stonehenge may be England's most famous stone circle, but only forty minutes down the road in Wiltshire is one of my favorite Sacred stone circles, Avebury. I often take my retreat groups to this Sacred site and I myself have had many powerful downloads whilst resting my forehead to these ancient stones. The *National Geographic Encyclopedia* notes that 'Avebury holds the title of the largest prehistoric stone circle in the world. Dating to the Neolithic period, the henge includes 180 locally-sourced standing stones that form a large outer ring and two smaller inner circles.'

The origins of a megalithic monument in Scania, southern Sweden also remains a mystery. It's believed Ales Stenar was created around 1,400 years ago during the early Iron Age. The monument comprises fifty-nine massive boulders roughly outlining the shape of a ship. It is perched atop Österlen's rolling hills overlooking the Baltic Sea.



Ales Stenar, Sweden

Beyond the northern hemisphere, in Australia's state of Victoria, there are also ancient stone arrangements, places where Aboriginal people have positioned stones deliberately to form shapes or patterns. There is now a government mandated initiative to protect these Sacred sites, their guidance fact sheet reading, 'We do not know much about the function of stone arrangements. The traditions linked with the places may have been lost when Aboriginal people were driven from their lands during colonial settlement. The age of stone arrangements is difficult to guess. Some may be many thousands of years old. The boulders are arranged in shapes or patterns such as natural features, animals and birds, implements and supernatural figures or events. Such places were probably used for ceremonies and rituals. These may have involved initiations and the passing on of Sacred lore about the spiritual life of Aboriginal people. Stone arrangements in other parts of Australia, including Tasmania, are known to have been ceremonial.' All Aboriginal cultural places in Victoria are now protected by law.

PAUSE & REFLECT

There are many examples of Ancient Stone Circles around the world. I'm curious about what the Mystery of these ancient formations bring up in you? How far can you stretch your imagination – or intuition, or memory – to connect with their true purpose and power? What purpose do they serve today? What do these Ancient Stones whisper to us? What in you is longing to be witnessed by the mysterious Ancient Stone circles?

STONE PETRIFICATION IN MYTH AND LEGEND

There are many petrification myths and legends that tell of people being turned to stone. Stories about petrification stretch right back to Greek mythology with the snake-haired Medusa turning people to stone simply by looking at them. Mike Grindle's article 'Legends, Folktales and Myths About Petrification' details the downfall of Medusa in later Greek myths, when she is beheaded by Perseus with the help of a magical mirror and a scythe. 'In some stories, Perseus then buries Medusa's severed head. But, in others, he uses it to turn the titan Atlas into stone, hence creating the Atlas mountains.'

Petrification is also interwoven through folklore surrounding the origins of some stone circles. Long Meg and her Daughters is a Sacred stone circle in Cumbria, the second-largest megalith in England comprising 59 stones. The tallest stone, known as 'Long Meg' stands 12.5 feet tall and is believed to be the petrification of a local witch, Meg of Meldon. The legend goes that Meg was turned to stone for dancing on the Sacred day of rest and disrespecting the Sabbath. The smaller stones surrounding her are her daughters (or her coven) who also had joined in the dancing and hence were turned to stone as well.



Long Meg Megalith, UK



Reynisdrangar pillars, Iceland

Icelandic folklore explains many peculiar rock formations as trolls that have ventured out too late and been turned to stone when caught in sunlight. A striking example is the Reynisdrangar pillars on the South Coast of Iceland. The legend states that these rock formations were once a couple of trolls who waded out to sea at night hoping to capture a passing ship. Upon returning to the shoreline dragging the ship behind them, the sun rose above the horizon, instantly turning the trolls and ship into stone, where they remain to this day.

ANCHORING MYTHOLOGICAL NARRATIVES TO THE LAND

Like the Reynisdrangar trolls, often we find that stones or rocky landscapes anchor mythical narratives to the land. One such example from Sri Lanka tells the tale of Sita, the wife of the God Rama, who is kidnapped and taken to the Demon Kingdom on the island of Lanka. Writer Sarah Zielinsk details the story in her Smithsonian article 'Ten Ancient Stories and the Geological Events That May Have Inspired Them' stating 'bears and monkeys help Rama and his brother Lakshman by building a floating bridge between India and Lanka. Rama leads an army of monkey-like men and rescues his wife. Satellite images now reveal a 29-kilometer line of limestone shoals that stretches between India and Sri Lanka that would have been drowned when sea level rose after the last ice age. It is possible that people were once able to cross over the bridge until about 4,500 years ago.' Science finds truth in these ancient myths and creation stories when we look deeply into the ancient landscapes.

Another recent example – detailed in this article – stems from the tsunami in the Indian Ocean on December 26, 2004, that unveiled some truth to the legend of Mahabalipuram, ‘a port city on India’s northeast coast that was said to be home to seven Sacred pagodas. Today, only one pagoda, the Shore Temple, exists. But the tsunami of 2004 removed centuries of sediment from the ocean floor just off the coast, revealing several ancient submerged temples.’



The Shore Temple, Mahabalipuram, India

PAUSE & REFLECT

I wonder what other Sacred secrets are held within the ocean floor... it's a beguiling and wondrous image. Also an invitation for us to weave into our awareness the Ancient Stones we cannot see or access. Can we tap into the powerful, ancient wisdom of the Stones that reside deep within the oceans or far beyond our atmosphere, hurtling around space. What messages might they have for us? What have they witnessed? What wisdom do they hold?

ANCIENT CELTIC RITUAL ALIVE TODAY: CAILLEACH STONE FAMILY

A wonderful example of ancient and modern rituals interwoven is found within the fables and practices surrounding the Celtic Goddess, Cailleach. Also known as the ‘Veiled One’, it’s believed she was as old as the Earth itself and was mother to all other Gods and Goddesses. It’s believed the mountains and hills of the British Isles were shaped by the Cailleach herself in giantess form as she walked the lands, dropping huge rocks from her apron. She was responsible for the creation and care of many of Scotland’s rivers and lochs, carefully managing and capping the wells nightly to prevent flooding across the lands.



Photograph: Murdo MacLeod/The Guardian

Caught in a brutal snowstorm, the Cailleach and her family were offered shelter in a small shepherd’s hut in rural Scotland. The folklore states as a gesture of gratitude, she left her likeness in stone with the promise that, as long as they were well cared for, the glen would remain fertile.

This hut with its stone beings of the Cailleach and her family, inadvertently became a shrine to the Celtic Goddess where many locals and visitors make pilgrimage to care for the stones at the turning of the seasons. To this day, the Cailleach stone family are ritually brought out of the hut around Beltane or Spring and returned to the comfort and protection of the hut for the winter around Samhain each year. Scottish correspondent for *The Guardian*, Libby Brooks, goes deeper into the centuries old tradition in her powerful article, “‘There is power in them’: mysterious stone figures to be moved in Gaelic winter ritual’. Folklorists widely believe that this unique ritual is one of few surviving examples of ancient Celtic beliefs stretching into modern-day traditions.

STONES OF HEALING + PROTECTION

It's interesting to reflect on stones offering healing and protection. As we've learnt, the ancients have long used crystals, jewels and stones for various means of protection in both life and the after-life. But even in modern times, stones and crystals carry their own sense of power and allure. We see this in the jewelry we often gift to each other... precious gold, diamonds, rubies or sapphires as gestures of love, devotion, protection or belonging. Their beauty and sparkle have enamored humans for eons. However, it's not just crystals and gemstones offering energetic protection and healing, but also ancient stones that have been used to bring luck, fortune, health and prosperity for centuries.

Hag stones or *fairy stones* are any type of stone that has a naturally occurring hole through it, caused by water. These stones are sought after for their magical properties offering protection to the person who holds it or wears it. The hag stones not only attract good fortune but also repel negative energy, acting as shield against any negative spells or energy.



Hag Stones

The theory stems from an ancient belief linked to the power of water, whereby negative spells or magic lose their power upon meeting moving water. Therefore, since the hole in the stone was naturally created by flowing water, the protection of the moving water remains within the stone.



Stenness Standing Stones, Orkney, Scotland

On a slightly larger scale, the Stenness Standing Stones on Orkney in the Northern Isles of Scotland are also believed to have powerful healing properties. The Odin Stone stood some 8ft high but featured a central hole. Similarly to the hag stones, it's believed this hole within the stone held Sacred powers, with many locals leaving offerings for the stone with the hope of good health or prosperity. Newborn babies were often passed through the hole in the stone as a prayerful blessing. Lovers would wed holding hands through the hole in the stone to further bless the Sacred contract of their union. Fun fact: a picture of the Stones of Stenness features on the cover of Van Morrison's 1998 album, *The Philosopher's Stone*.

PAUSE & REFLECT

Do you have stones or crystals in your life that carry a sense of protection? Have you ever felt the healing properties of stones, small or large? Do you have jewelry that is meaningful to you? What do these stones or jewels hold for you? What is the deeper story within the stones or crystals that you wear?

MODERN-DAY STONE RITUALS

Even in current times, stones play an important part in offering healing, protection and insight. Within Islam, the Black Stone of Mecca is a precious and significant part of the ritual pilgrimage to Mecca. Located in the eastern corner of the Kaaba, the Black Stone of Mecca's now-broken pieces are surrounded by a ring of stone and held together by a heavy silver band.



Pilgrims at the Al-Masjid Al-Haram Mosque in Mecca on Hajj, the Black Stone of Mecca visible on the corner encased in silver.

The online *Encyclopedia Britannica* explains, 'Legend has it that the stone was originally white but has become black by absorbing the sins of the countless thousands of pilgrims who have kissed and touched it. Every Muslim who makes the pilgrimage is required to walk around the Kaaba seven times, during which he or she kisses and touches the Black Stone. When the month of pilgrimages is over, a ceremonial washing of the Kaaba takes place; religious officials as well as pilgrims take part.'

Now residing back in Scotland, The Stone of Destiny, also known as the Coronation Stone or The Stone of Scone, has been used for centuries in the inaugurations of royalty. The stone was seized from Scotland in 1296 by King Edward I of England who embedded it within the foundations of a chair which became the Coronation throne in Westminster Abbey. Every British king or queen since has been crowned monarch whilst sat over this Sacred stone. The stone was officially returned to Scotland in 1996 and will only ever return to England for the next royal coronation in Westminster Abbey.



The London Stone, via Wikimedia Commons

Also in the UK, you can find the London Stone in an inconspicuous wall of a WH Smith newsagents' branch on Cannon Street. Legend has it that if the London Stone is moved or destroyed, the English capital will fall. Little is known about the stone or how its legend grew. Some say it was used as an altar by druids. Others, that it was brought back from Troy by Brutus. Regardless, after a short stint in the Museum of London, the stone is back on Cannon Street, in a specially-built niche in the new building and the British capital is safe again. Long may the Mystery live on...

PAUSE & REFLECT

I love the concept of ancient stones holding purpose and power in modern-day rituals. I can sense the deep root systems that emerge with the repetition of objects used within ceremony. I wonder if you have objects in your life that hold a similar frequency for you? Perhaps a special vase, or a particular mug, or a special occasion tea pot, or cutlery set, or piece of furniture. Which objects in your life hold a sense of ritual or blessing? What items in your life hold a deeper story from all they have witnessed?



JOURNEYING WITH THE STONES

Part Two

JOURNEYING WITH THE STONES

The Stones as your guide

Here we are at the experiential part of this module, this is where things really come alive. It is here that we invite Ancient Stones to be our teacher and guide. We will be using a selection of practices and tools as gateways to experience the Sacred in an embodied way. These practices are of course not finite; rather they are ones that I have found especially supportive in connecting with the Sacred and working with Stones.

All of the practices have been created so that you can do them over and over again as you are called. They are gateways for you to connect and to have a direct experience with the Sacred. This is the mystic way.

As we journey through this Mystery, stay open to seeing stones in expected and unexpected ways. I invite you to become astutely aware of the rocks, stones and crystals that you are drawn to as well as the ones you are not. I personally believe that objects such as stones (rocks and crystals) can hold imprints within them that some people can see as positive and negative. I also believe that some stones speak to some people and others to other people. Trust yourself.



My go-to Energetic Protection tool, the Caim, is in Foundations Module 1, so remember to go back to that video if you ever feel you want to work on protecting or clearing your energy. And as mentioned in Part One, hag stones – which are naturally occurring stones with holes in them – are believed to provide protection as well. I have these in my home and love searching for them at the beach.

Stay open to being surprised and try to let go of expectations. Trust your intuition, be curious and open to the experiences. Maybe you will receive subtle visions, whispers, knowings, feelings, symbols, hunches, smells, tastes? Don't get disheartened if your experience is more subtle or different to others. The way you receive your intuition will be unique. We are not meant to be the same. Embrace your own unique experience.

For every practice and tool you will find space in this workbook to reflect through *Soul Inquiry*. *Soul Inquiry* is a form of intuitive writing. Stay open to receiving messages and guidance from both your soul and Ancient Stones as you complete each *Soul Inquiry*.

May the whispers of your soul and the wisdom of the Stones reveal bountiful hidden treasures within you.

THE ANCIENT STONES EVOCATION

Calling in the wisdom of the Ancient Stones

The Ancient Stones Evocation is a practice of calling in the ancient wisdom of the Stones. You can do this evocation as a way to open the Sacred container to work with Ancient Stones generally, or you can do it as a way to connect with one Ancient Stone in particular.

Light a candle or open Sacred space however you like. Place one hand on your heart and one hand on your belly and connect with the stones around you. Breathe in deeply and repeat the following evocation out loud:

*In the highest interest of myself,
my loved ones and the world,
I begin this evocation.*

*Come, come, Ancient Stones, come.
Come, come, Ancient Stones, come.*

*Ancient Ones, you who were present long before me,
and you who will continue after I have gone.
I call upon you to be one of my guides.*

*I am open to receiving your ancient wisdom as I journey with you.
I am ready to remember my ever-changing true nature
and to return again and again back to the Earth and to myself.
I am ready to take my place as an ancestor of the future with your guiding grace.*

*May I rest into your holding.
May I be humbled by your ancient knowing.
May I find the courage to walk the ever-deepening way of the Ancient Stones
May I be held steady by your strength and surrender.
May I stay curious and grounded with every step.
May I take responsibility for my needs.
May I return to myself, my body, the Earth and humanity.
May I plant myself here more deeply than before.*

*Come, come, Ancient Stones, come.
Come, come, Ancient Stones, come.*



THE ANCIENT STONES EVOCATION

Soul Inquiry

As you begin journeying with the Ancient Stones as your guide, is there an area of your life or a question you have that you would like to focus on during this module? Explain briefly below.

What do the Ancient Stones want you to know?

What do the Ancient Stones want you to remember?

What are the Ancient Stones calling you to do?

Looking at the above *Soul Inquiry* questions, circle the thing that came through the strongest and then ask yourself: what is one baby step you can do to act on this today to embody this mystical practice?

THE ANCIENT STONES ALTAR

Creating Sacred spaces

Altar work is at the heart of everything we do in the *Inner Temple Mystery School*. At the beginning of each Mystery, one of our first practices is to create an altar dedicated to our work with that Mystery, in this case the Ancient Stones.

Altars provide a physical and energetic container for us to focus our prayers, intentions, and devotion. They create a physical space for us to be in communication with the Sacred. When we create an altar we create an altered space. We open a Sacred container both physically and energetically.

Stones are such an incredible thing to work with in altar work. They are solid, steady and easy to gather. The first stones I began working with were crystals. One of the first crystals I worked with was a citrine crystal that I would keep on my bedside table. As the years have gone by, I have collected stones from beaches and many of my friends and even my son have foraged simple stones for me that have become sentimental. I have worked with these a lot in my altars. Another way to work with stones in altars is with stone statues.



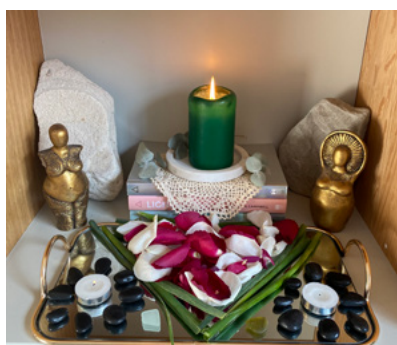
On my current altar I have several different flat-shaped stones that I like stacking. I also often have several stone statues of the Goddess (Black Madonna, Mother Mary and a fertility Goddess). I also have a few favorite crystals and my crystal ball that I regularly use on my altar.

At home I have several crystals that are set up like a grid in our home and when we were doing renovations, we actually activated the concrete foundations with rose quartz and rose petals together.

In my shamanic training, I collected stones for each of the four directions. Some were gifted to me. I keep these at the base of my office altar and often bring them with me as I am teaching. As I learn lessons, I will sometimes blow into the stones to activate them. Other times I might do the same with my prayers.

For more information on how to gather your altar items, create and deconstruct your altar, feel free to go back to the *Altar Work* video in *Foundations Module 2*.

For this Mystery, I am inviting you to create two different types of altars. Firstly, a traditional altar which you will likely do indoors in a place of your choosing. Secondly, if you have access to it, a land altar. A land altar is like an offering to the Earth and in this case it will be in dedication to the stones. I have included some guidance below on how to create a land altar.



Your daily practice once you have created your Sacred Stones Altar is to tend to it each day. You can do this by lighting the candles, freshening up any water and spending some time in prayer, meditation or reflection. You could call upon the wisdom of Ancient Stones by saying the evocation out loud or shorten it, for example, *'Come, come, Ancient Stones, come. Come, come, Sacred Stones, come.'*

When you are done practicing at your altar, I recommend closing the energy by sharing your gratitude. For example, you could simply say, *'Thank you, thank you, thank you'* out loud.

So, now it's time to begin gathering your items, clearing your altar space and building your altar. Don't underestimate the power of this Sacred work. It has the potential to really open up a Sacred energetic container for you to deepen your unique personal connection with the Ancient Stones as your guide. It also has the potential to help you integrate the wisdom that comes through with this Mystery.

I'm really looking forward to hearing about your experience with working with these altars.

LAND ALTARS AND OFFERINGS

When creating an altar or offering on the land the instructions are the same as normal. However we need to be very mindful that we do not leave any footprint and always ask permission to the land and surroundings beforehand. As well as asking the land permission, we also need to ask permission from the land owner. If you are creating a land altar or offering in your garden, for example, just ask permission from the land and any plants etc around it. Regarding what to use, let your intuition guide you.



You could gather objects from the land around you and ask that they reveal themselves to you. For example, stones, fallen leaves, flowers, dropped petals, nuts, conkers etc. Always use items that are natural and biodegradable. You can use water, herbal infusions or other things as well as objects found nearby. You may choose to create a long-term altar in your garden, for example, and may be called to integrate a statue or something like that.



Altars can be very simple and they can also be an act of beauty. Invite the land and your soul to co-create it together. As with a regular altar or offering, you can tend to it if you wish or it can be a temporary thing.

If you create a temporary altar outside, consider your plan for deconstructing it before or as you build it. Seasonal altars are really beautiful to do as well.



THE ANCIENT STONES ALTAR

Soul Inquiry

Where did you build your altar(s) and what items did you gather?

Share any reflections on the process of creating your altar(s) and connecting with the energy of the Sacred Stones below.

KYTHING WITH ANCIENT STONES

Hearing the whispers: receiving wisdom from the Stones

I believe that stones have consciousness. And by connecting to them at soul level we can receive wisdom from them and through them that reaches back through the ages.

I like to see Ancient Stones as beings who have seen generations come and go. They can offer steady support and perspective that we might lack due to our comparatively short life span. And like anything on Earth, I see them as a potential vehicle to connect with ancestral wisdom and land consciousness.

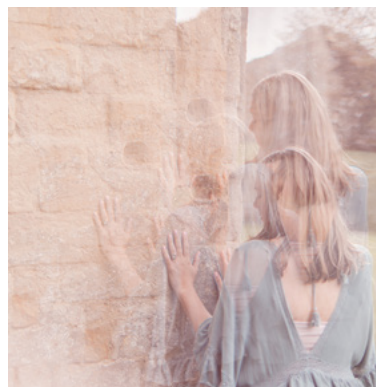
For as long as I can remember, I have connected to the soul and consciousness of plants, flowers, trees and stones. It is through this process that I do most of my writing. You could call them my muse. It wasn't until decades later that I discovered an almost lost word in the Scottish language known as Kything. Kything is the conscious act of spiritual presence or connection with an object.

The invitation in this practice is to connect with the consciousness of a stone of your choosing. When we connect to a part of nature in this way, whether a Rose, Tree, Flower, Water or a Stone, we are connecting to both the individual object as well as the species as a whole. For example, the Rose is steeped in mystery, symbolism and myth. It is also a powerful healer and heart opener. But just like we are all unique, every plant is unique also and in my experience, has unique messages for us as well.



Stones too have their own unique story to tell and wisdom to share. Different rocks hold different stories. Trust the ones that call you to them. Crystals also have different energies we can connect with. For example, particular crystals are thought to have particular qualities. As this is a course on experiencing the Sacred, rather than simply reading about what other people have said about them, stay open to having your own unique experience. When we work in this way we are always receiving Life and the beings and objects that make it up through our own personal lens. What you perceive may or may not be the same as someone else. In this way we really are Sacred explorers, committed to having our own direct experience with Life and the Sacred woven through it all.

For Kything with the Stones, you can choose an Ancient Stone, rock, temple or stone circle that is revered as Sacred, or you can select a stone or crystal that you are personally connected with. You can do the Kything with the Stones practice by holding a stone or being physically present with a rock. While I recommend trying this practice with a stone in the physical realm, you can also do it remotely with a Sacred stone or stone circle e.g. Avebury, Stonehenge, Uluru etc.



These days I find this type of communication effortless and easy, but I want to be clear that at first it was much more subtle. So don't be discouraged if the connection isn't super clear at first. Just like any relationship or any skill, it grows over time.

Here are the steps to do the kything with the Stones exercise, you can also refer to the Introductory video on kything as a practice in *Foundations Module 2*.

HOW TO DO THE PRACTICE

STEP 01

Find the stone that you wish to work with. This can be a stone in your local neighborhood; it could be a stone or crystal that you already love; it could be one that you find or source especially; it could be a standing stone, or a stone structure or even a building made of stone! And if that is not possible you can also do this exercise using a picture of a stone. You can of course choose a crystal if you prefer.

01.

STEP 02

Standing or sitting in front of the stone, or holding it in your hand, soften your gaze and slow down your breath. Notice and appreciate its beauty. Breathe deeply, imagine a Stone at the center of your heart and invite it to open revealing a light in the middle. This is your soul. Invite that to step forward now.

02.

STEP 03

From the center of your heart connect with the soul of the Stone.

03.

STEP 04

Introduce yourself to the Stone.

04.

STEP 05

If you have a question you would like to ask the Stone you can ask it now.

05.

STEP 06

Soften your gaze and begin to observe the Stone with your soul and intuitive senses. What do you notice about it? How does the Stone make you feel? What does the Stone remind you of? Do you notice any patterns on it? What is the texture like? How old does it feel? What feelings are arising? Do you have a knowing? Are you receiving any visions? Are you drawn to a particular part of the Stone? Did you have a memory of something?

06.

STEP 07

Ask the Stone to give you a message and stay open to receiving that message now. You can write it down and journal intuitively if you like.

07.

STEP 08

Thank the Stone for this connection and ask the Stone if there is anything it would like you to do for it.

08.



KYTHING WITH ANCIENT STONES

Soul Inquiry

Have you communicated with Ancient Stones before?

How was this experience for you?

Describe the Stone that you decided to work with.

Reflect on your experience with the Stone below.

What message did you receive from the Stone?

How did you receive this message and what did you experience?

Was there anything that the Stone asked from you?

Is there anything that you are being called to do as a result of this practice?

Looking at the above *Soul Inquiry* questions, circle the thing that came through the strongest and then ask yourself: what is one baby step you can do to act on this today to embody this mystical practice?

ANCIENT STONES WISDOM JOURNEY

Receiving ancient wisdom

Stones are more ancient than we. They have seen so much and hold so much that is available for us to remember, activate and tap into.

The *Ancient Stones Wisdom Journey* is a deep and activating journey where we will connect with your Inner Temple, call upon the ancient stone elders of the Earth and step into an ancient stone circle to receive wisdom and rememberings from your ancestry and your soul.

You may like to have a stone from your altar in your hand while you do this journey or even on your body such as your heart or solar plexus if you choose to lay down.



ANCIENT STONES WISDOM JOURNEY

Soul Inquiry

Do the *Ancient Stones Wisdom Journey* and then intuitively answer the following *Soul Inquiry* prompts below.

What was that soul journey like for you? Describe or draw anything you experienced (saw, felt, heard, knew etc) below.

What was your Inner Temple made of? What did it look like? Were stones or crystals present? Describe or draw it below.

Describe the ancient stone circle or draw it below. What did you experience?

Did you receive any information about your ancestral lineages?

Did you receive any information or messages from the stones as the Ancient Stone elders of the Earth?

What is your soul calling you to do?

Looking at the above *Soul Inquiry* questions, circle the thing that came through the strongest and then ask yourself: what is one baby step you can do to act on this today to embody this mystical practice?

ANOINTING YOUR STONES

Bless the blessing: a simple gratitude ritual

The practice of anointing stones stretches back to ancient times. One example comes from Ancient Greece where Gods of the Greek pantheon were represented by stones that would be anointed with oil, decorated with ribbons and identified as altars. Another example comes from Biblical times when after God and Angels visited Jacob in a dream at Bethel, he took the stone on which he had slept, anointed it with oil, and set it up to commemorate his vision. When Bethel later became a popular sanctuary, anointing the stone became part of the rites celebrated there.

The intention here is to connect with the blessing of blessing. We are blessing ourselves, through Ancient Stones. We are blessing our ancestors, through Ancient Stones. We are blessing our future, through Ancient Stones. We are blessing our Earth, through Ancient Stones.



The invitation is still to allow this simple ritual to be a gateway of expressing gratitude. You may wish to offer your gratitude to your ancestors (known or unknown), the Ancient Stones, the Earth, someone in your life or yourself. Think of it as a gratitude blessing.

WHAT YOU'LL NEED

- △ **Oil or essential oil of your choosing.** If using essential oil, make sure the oil is blended with a base oil if touching your skin, so it doesn't cause irritation.
- △ **A stone, rock or crystal that roughly fits in the palm of your hand.**

HOW TO DO THE PRACTICE

STEP 01

Open Sacred space in a way that feels good to you.

01.

STEP 02

Take the oil to your nose and breathe deeply, inhaling the fragrance while getting really grounded, giving yourself over to gravity. Invoke the energy of the Sacred oil while you do it, connecting to and thanking the plant and other ingredients.

02.

STEP 03

Holding your stone, rock or crystal flat on your hand (or standing in front of it), take three drops of oil and anoint the top of your stone.

03.

STEP 04

Lovingly caress the stone, rubbing the oil into it. As you do, whisper or state out loud what you are grateful for, how you are blessed. You may wish to close your eyes for this.

04.

STEP 05

Open your eyes if closed and have a moment where you really feel the blessings and gratitude infused in the stone.

05.

STEP 06

Place the stone back on your altar or wherever you wish to put it. You may wish to rinse or pat dry the stone as oil can stain surfaces.

06.

STEP 07

Take a deep breath and close Sacred space in a way that feels good.

07.



ANOINTING YOUR STONES

Soul Inquiry

What did you choose to devote your Anointing Your Stones Practice to? What were you grateful for? What blessings did you choose to acknowledge?

How was this practice for you? Reflect on what you experienced below.

SCRYING WITH ANCIENT STONES

Looking, listening & receiving

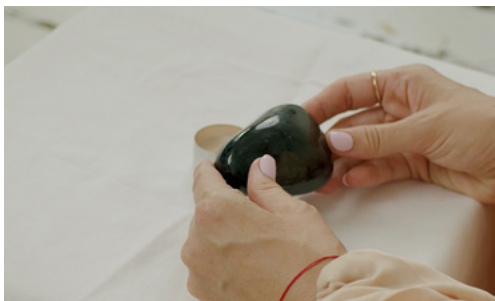
Stone Scrying, also known as crystal gazing, is a divination practice found throughout history. Embraced as a powerful psychic tool, scrying is used with the intention of receiving visions, clarity or revelations, or simply to invite inspiration. It's really a form of 'seeing': looking deeply, entering a state where we are open to receive, and paying attention to what is shown, spoken or revealed to us through our intuitive senses.



In her book *Pagan Portals*, on scrying, author Lucya Starz tells us, 'The word scry, meaning "seeing images in crystal, water etc that reveal the future or secrets of the past" is first recorded in writing in the early sixteenth century. Traditionally the practice of scrying referred to gazing into the mirror like reflection cast by water, polished metal or precious stones.'

One of the most well-known forms of crystal scrying is done using a crystal ball. However, you can also scry into a stone or crystal that is not a perfect sphere. I have scryed at Avebury with the ancient stones there. I have also scryed in caves and using smaller crystals at home.

I see scrying as another way into your intuition. So it's not necessarily that the crystal has magic powers of revealing the future; it is a gateway for us to enter into Sacred space and merge with the intelligence that is available to us all and tends to exist beyond time.



So, now we are going to prepare for the stone or crystal scrying practice. I recommend doing this practice a couple of times using different materials so that you can really explore your way of stone scrying. You may like to get a crystal ball. However, you do not need one in order to do this practice.

HOW TO SCRY OR GAZE WITH A STONE OR CRYSTAL

STEP 01

Select your stone or crystal that you want to work with. The best types of stones and crystals to work with are ones with a reflective surface or that are partially transparent. You can also do this practice with solid stones if you wish but I do find crystals easier. I recommend having a tealight candle lit to help with the reflection.

01.

STEP 02

Put in your request for guidance. From the center of your heart, ask the stone or crystal to reveal what it is that you most want to receive guidance or insight on.

02.

STEP 03

Soften your gaze and really connect with the stone. Lose yourself in it and allow them to become a portal into another world. Let the veils lift. Become one with it. Enter the mythic space and let it reveal to you what you most need to see, hear, feel or experience. Notice the patterns that form. Trust whatever images come to you both externally and internally. Don't dwell too much on 'Is this my imagination or is this guidance?' Let yourself really enter into the unknown imaginative space. Let it be play rather than be strict and serious, especially if you are trying this for the first time. Explore. Let the wisdom of the stone or crystal reveal to you what you most need to see, hear and feel.

03.

STEP 04

You might like to journal on what you receive. You will find the *Soul Inquiry* at the end of this practice to use as your guide.

04.

STEP 05

Thank the stone or crystal.

05.

STEP 06

If you feel called to cleanse the space or objects you can do so with Sacred sound or prayer.

06.



SCRYING WITH ANCIENT STONES

Soul Inquiry

Describe your experience. What was it like for you? Describe or draw anything you experienced (saw, felt, heard, knew etc) below.

Did you receive any guidance or insight?

What is your soul most calling you to do?

What is one baby step you can do to act on this today to embody this mystical practice?

INTUITIVE NATURE WALKING

Let the Stones lead you

As I introduced in the *Foundations Module 2*, Intuitive Nature Walking is a walking meditation practice done in nature. It is more than just walking, as you are connecting with the consciousness of the land around you and inviting it to lead you. Quite literally being physically led by the land around you. It's a great way to deepen your connection with the Earth and the land on which you live.



For the Stones module, I invite you to practice Intuitive Nature Walking with a specific focus on the stones around you. You can also do this practice in the city to be honest, as so much of our environment is made from stone.

This is a wonderful practice for getting into your body, feeling more grounded and letting your intuition MOVE your body. My teachers always taught me that all of the creative ideas and intuition in the world is pointless unless you act on it, unless you embody it, unless you integrate it. This is a brilliant tool for strengthening that ability.

We're not separate from nature, we are nature, and in the business of our modern lives, it is easy to get disconnected from it. One of the best ways that I know to feel connected, grounded, and to get back in our body is to do this practice.

HOW TO INTUITIVE NATURE WALK WITH THE STONES

STEP 01

The first step of intuitive nature walking is to go into an open area of nature such as a park, forest, river, woodland, bush or beach. Any open area of nature will do. If you live in the middle of a city and can't get to an open space just work with what you have.

01.

STEP 02

Connect to your soul.

02.

STEP 03

Connect with the land, nature and stones around you (seen and unseen). You may like to acknowledge the original custodians of the land as well as the spirits of nature around you. Next, ask the nature and in particular the stones (above and beneath the ground) to lead you.

03.

STEP 04

Invite your soul to step forward and lead your body by starting to walk. Notice where you are led. Maybe you are called to walk up to a big rock, maybe you are called to follow a stone path, maybe you sense the stones that are underneath the land you are standing on, maybe you are drawn to a building or a statue made of stone. Try not to think about it too much, just keep moving and do your best to connect with the stones around you in your environment. Notice what you might not normally notice. Stay open to attuning to the Stones. Notice the light, the reflections, the shapes, the textures.

04.

STEP 05

How do you feel? Breathing deeply, staying connected to the nature, land and stones around you continue to be led and moved. Really connect with the consciousness of the land, nature and, in particular, the stones around you.

05.

STEP 06

Walk for as long as you like. If you feel called you might like to stop to meditate or write down any messages you receive. You could even do your Kything practice while on your intuitive nature walk.

06.

STEP 07

Once you are complete (or throughout if you wish), thank the land and the stones within it for guiding you and ask if it has a message for you.

07.

STEP 08

Finally, ask if there is anything it would like you to do for it.

08.

**INTUITIVE NATURE WALKING***Soul Inquiry*

Describe your experience. What was it like for you? Describe or draw anything you experienced (saw, felt, heard, knew etc) below.

What did you notice? Did you receive any messages?

What are the Ancient Stones calling you to do?

What is one baby step you can do to act on this today to embody this mystical practice?

LABYRINTH

Walking with the Mystery

Labyrinths are a powerful spiritual tool that have fascinated me for many years.

A labyrinth is a winding pattern with one single path, spiraling inwards to a center point. The same path that leads in also leads us out. As an ancient symbol, it can represent the spiral journey of Life. It can also represent the inner journey, into the soul to explore our own inner nature, and back out again into the physical world, having gained a deeper understanding of ourselves. They can be used for insight and clarity, decision making, releasing the past, new beginnings, and as a way to connect with our ancestors, amongst many other things.



Fairy Glen, Isle of Skye, Scotland, UK

Labyrinths have been walked for thousands of years by people all over the world of many different traditions, with carefully collected and placed or paved stones, tiles or mosaics, guiding every step of the way. Their patterns echo the ancient Celtic symbols long ago carved into stones that can also be seen in prehistoric rock carvings in India, in Native American medicine wheels and other shapes and symbols from many different spiritual and magical traditions in all corners of the world.

Stone labyrinths can also be found in chapels and cathedrals, either adorning the floor, in the garden outside or presented as a special feature or piece of art. One of the world's most magnificent and well-known labyrinths lies in Chartres Cathedral near Paris, France. Ancient labyrinths have been uncovered all over the world from Peru to India, Egypt to Italy, in all corners of the world.



Chartres Cathedral, France

Here in Glastonbury there is a labyrinth outside the St John's Church in the front garden that people are welcome to walk. There is also a finger labyrinth outside the White Springs. Much more immense in size, it is thought that the huge Tor – the Sacred hill that draws people from near and far to this land – is actually a labyrinth created by the land.



Labyrinth, Somerset, UK



Legend says that this labyrinth was once part of a Druidic initiation, whereby initiates would walk around its perimeter winding upwards until they reached the top. I have attempted to do this land labyrinth walk, but currently am yet to complete it. I was going for more than half a day, only got about halfway and had quite a few nettle stings and interactions with sheep along the way!

Labyrinths can be a powerful tool for connecting to our own intuition and inner knowing, for turning our gaze within. It's normal to look to the external world for answers and guidance. What's revolutionary is turning your gaze inward. To study the terrain of your inner landscape. To develop a dialogue and a reliable relationship with your soul. This is the way of the mystic and that is why working with and understanding labyrinths is such a fantastic tool for us.



Labyrinth, Findhorn, Scotland



Dunure Castle Labyrinth, South Ayrshire, Scotland UK

The awakening process never ends and it is certainly not linear. Our lives are not linear either. We are cyclic beings living in a cyclic world and the labyrinth reminds us of this in a physical and embodied way. The ever unfolding, ever deepening spiral journey is the one we all live. We keep on circling and deepening our learnings and experiences as we move through the different seasons of the years and our own lives.

LET THE LABYRINTH LEAD YOU

Perhaps it is the nomadic ways of my ancient ancestors, but I have always loved moving intuitively. I do my best thinking when my body is moving rhythmically and walking the labyrinth definitely helps me shift into this space. Perhaps it unlocks these ancient ways of our ancestry, when people roamed and were led by the land rather than settling in one specific space, putting up fences and seeing it as something to own, conquer and take from other people. Or perhaps it is the process of walking with a question rather than expecting a finite answer before we take the first step. Or maybe it's just the winding and unwinding that returns us to our natural cyclic ways.

I find when I move my body by walking the labyrinth (or even using finger labyrinths) I'm able to gain clarity or answers to questions that my mind is grappling with. The circular shape softens the edges of the linear ways of thinking and offers new perspectives and turns things upside down and inside out. The winding in and out seems to empty and fill, unravel and sort confusion and crossed wires. It helps me to see things from a new perspective and live into the question rather than waiting for a finite answer.



Somerset, UK



Land's End Labyrinth, San Francisco, USA

I love that the stones are so often holding it all. Cradling and crafting the winding way, making clear the path ahead without forcing or pushing for the most direct route. The circular motion and constant turning acts as an unwinding and regathering of our true north. A walking away from and a walking towards. It can be a physical body meditation that allows the mind to switch off and the body to take over. There's something very powerful about having a real-life, active physical experience of a spiritual symbol. Perhaps this is why labyrinths have been used for many years as tools to support meditation and prayer.

Knowing that you are intentionally interacting with a Sacred symbol opens up a Sacred space where you can connect with your own soul. Labyrinths also encourage us to stay fully present in the moment and allow ourselves to be guided. Though their paths may seem long, winding and circuitous, we know that there is a greater intelligence at play that is guiding us to our destination, just like in life. This knowledge encourages us to focus on the task at hand; just taking one step at a time, rather than worrying about where the path is going. When we walk a labyrinth, we are being asked to trust the process of life.

The more time we spend connecting with our own souls through tools like this, the deeper the connection will become, so labyrinths help us to get used to drawing our strength, authority and guidance from a place deep, deep within.



Shrine of St Theresa labyrinth, Juneau, Alaska

LIVING THE QUESTION: A LABYRINTH WALKING PRACTICE

We have become so linear in the way we live and the expectations we have on ourselves. The stones in particular are in no rush and encourage us to slow down and take our time. One of my favorite quotes is by Rainer Maria Rilke, who said,

Be patient toward all that is unsolved in your heart and try to love the questions themselves, like locked rooms and like books that are now written in a very foreign tongue.

Do not now seek the answers, which cannot be given you because you would not be able to live them. And the point is, to live everything. Live the questions now. Perhaps you will then gradually, without noticing it, live along some distant day into the answer.

My favorite way of working with labyrinths is as a tool for living into the question. As a structured walking meditation where we can walk with a question. This ethos of living into a question rather than expecting instant answers before taking the next step is one of the cornerstones of living an intuitive mystical life.



So with our practice we are going to be finding a question we want to live into (or are currently living) and then walk with it. You may find that you do get clarity or insight while walking the labyrinth or you may find that it is just part of the process of living the question. Your question could be, 'How can I release the fear and sadness that I feel...? How much time should I take for maternity leave...? What should I do about my job?'

Ideally, if you are fortunate enough to have a stone labyrinth somewhere near you, I really recommend finding one and trying this practice there. However, if you do not have access to a physical labyrinth nearby, then you can do the same practice with your finger using the worksheet that comes with this module.



If you are interested in finding a labyrinth near you or somewhere you are visiting, try the worldwide [labyrinth locator](#) shared by Veriditas and The Labyrinth Society. The database is searchable by location and type.

I recommend finding a small stone to work with in this labyrinth exercise. If for some reason you cannot find one, then just do it symbolically.

HOW TO DO THE PRACTICE

STEP 01

Take a moment before you start your journey to slow your breathing down and land in your body. Place your hand on your heart and tune into your intention for this practice.

01.

STEP 02

Connect to the land, the stones and the stone you have chosen.

02.

STEP 03

Whisper the question that is in your heart that you want to walk with, into the stone three times.

03.

STEP 04

When you are ready, either begin walking the labyrinth at your own pace, or if you are doing the finger labyrinth, slowly begin tracing the labyrinth path on the worksheet.

04.

STEP 05

Notice any feelings that arise as you do, any knowings, clarity etc but do not force yourself to do, see, be anything. You should truly be in the moment. Let the winding circular path unwind and unravel anything within you.

05.

STEP 06

When you arrive in the center, take some time to properly land. Take some time to do whatever you feel called to do. Maybe you have a question. Be open to receiving it here. Maybe you want to release something: be willing to do that here. Stay for as long as feels right. You can meditate and pray or journal in the center while you do. If you are doing the finger labyrinth, feel free to take your finger off if it is more comfortable while you do this.

06.

STEP 07

Place your stone in the center of the labyrinth. If you are releasing something you can allow the stone to be symbolic of this. If you are praying for something, you can let the stone be symbolic of this. Or you can let the stone be an offering of gratitude.

07.

STEP 08

When it feels right to leave, begin your return journey, spiraling back outwards into the world. Allow yourself to integrate whatever you have received as you walk.

08.

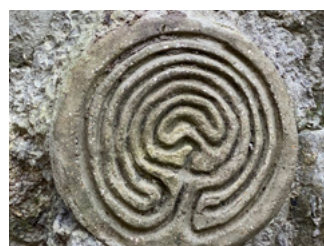
STEP 09

As you take your final step out of the labyrinth, acknowledge the fact that you are leaving that Sacred space. Take some time to reflect upon what you have received. You may like to write or journal about your experience.

09.

FINGER LABYRINTHS

If you're not in a position to visit a labyrinth or create your own, you can use one of the finger labyrinths on the following pages to create the same meditative experience of walking one. Just follow the instructions provided and trace your finger over the path of the labyrinth, winding slowly inwards, then back outwards again.



A finger labyrinth at the White Springs, Glastonbury, UK



SEVEN CIRCUIT FINGER LABYRINTH

For guidance



STEP 01

Think of something you would like guidance on.

01.

STEP 02

Trace your finger on the path and wind slowly inwards, keeping your intention or question in mind.

02.

STEP 03

Pause in the centre, receiving any guidance.

03.

STEP 04

Then, when you are ready, begin unwinding your way back out, staying open to receiving guidance as you do.

04.



LABYRINTH

Soul Inquiry

What question did you decide to walk with?

Describe your experience. What was it like for you? Describe or draw anything you experienced (saw, felt, heard, knew etc) below.

Did you receive any guidance whilst walking the labyrinth?

What is your soul calling you to do?

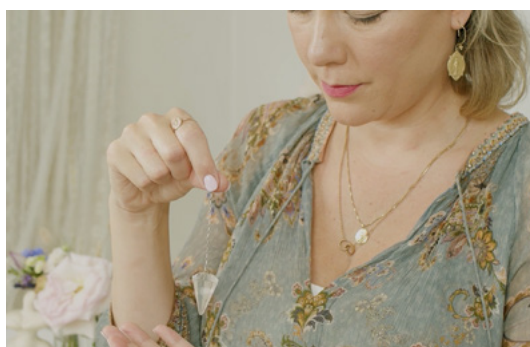
What is one baby step you can do to act on this today to embody this mystical practice?

PENDULUM

Show me the way

Learning to work with a pendulum was a really exciting moment for me. I work with my pendulum with friends supporting them to make decisions and I also use it regularly for myself. When I was first dating my husband, I introduced him to the pendulum and it blew his mind! It became his new favorite party trick and when explaining to his friends who were definitely not in the spiritual world, the kind of work I do, he would demonstrate how the pendulum worked and explained that there is energy that we do not see and that is the work Rebecca does. It was quite funny to watch these sporty seemingly non-believers gasp when he did it!

I first learned to work with a pendulum when I learned Akashic Records reading. I would use the pendulum against a reading sheet to prepare for a reading or soul blueprint report. For example, I would document eras of history the client had incarnated in, discover their soul energy centers, life lessons and other things like that.



It was a helpful process to uncover a lot of information in a short amount of time. I really appreciated the structure of the pendulum with the reading sheet. As my intuitive senses developed and the more experienced I became, I gradually reduced the amount of times I used the pendulum, just going to it when I wasn't clear on something.

It's important with pendulum work to really attune to the crystal so that the crystal is not seen as a separate guidance from your own inner guidance. I see the pendulum as being both connected to the Great Intelligence as well as the wisdom within. It's all about how you work with it.



A pendulum is a spiritual tool (generally made of crystal) that can be used to receive answers to your questions. It is constructed of a weight, called a bob, which is suspended so that it can swing from side to side or in a circle to indicate the answer. It is a tool of divination and is used for spiritual guidance, making decisions, answering questions and cleansing negative energy.

The use of a pendulum to receive information is a practice that may date back to ancient China, Egypt and Rome. It is believed that people used pendulums to ask for divine guidance on questions such as where to plant their crops. This practice is known as dowsing, though dowsing can also be used to refer to the use of dowsing rods to locate water and other elements. People sometimes make their own makeshift pendulums by hanging (for example) a ring on a thread or cord. So if you don't have a pendulum you can use that method. You can use a pendulum to receive guidance on any topic. You just need to think of a question that can be answered with 'yes' or 'no'.

HOW TO USE A PENDULUM

STEP 01

If you haven't already attuned your pendulum to you, do so first by doing the Pendulum Attunement Meditation.

01.

STEP 02

Open Sacred space by lighting a candle, saying a prayer or a way that feels good to you.

02.

STEP 03

I recommend getting really grounded and steady. For example, by making connection with the earth with your feet flat on the ground.

03.

STEP 04

Hold the top of the pendulum (the opposite end from the crystal) between your thumb and forefinger.

04.

STEP 05

Now hold the arm holding the pendulum out in front of you. You can bend your elbow if this is more comfortable. I like to place my other hand about ten centimeters underneath the pendulum.

05.

STEP 06

Before you can use your pendulum to ask a question, you need to clarify which movement or direction means 'yes' and which means 'no'. You can ask the pendulum to show you which movement or direction means which answer. Just tune in and say, 'Show me a "yes"' or, 'Show me a "no"'. Actions can include swinging back and forth, swinging from side to side, swinging in clockwise circles or swinging in anti-clockwise circles.

06.

STEP 07

Once you know what means yes and what means no, test it on a yes or no question you know the answer to so to be sure it is working. So for example, I could ask 'Is my name Rebecca?', and whichever way it moves means 'yes'. Then ask a 'no' question. So I could ask 'Is my name Jennifer?', and whichever way it moves means 'no'. Once you have established which direction is a 'yes' and which direction is a 'no', you're good to go.

07.

STEP 08

Next, ask your question and wait for the pendulum to indicate its answer. You can then continue to ask questions if you like.

08.

STEP 09

Thank the pendulum and close Sacred space.

09.

As with anything new and especially when working with the subtlety of intuition, you may find you need to work with your pendulum for a little while to get the hang of it and to deepen your connection with it. Or you may find that your connection is instant. I find that the pendulum moves very differently than it does for my husband, for example.



PENDULUM

Soul Inquiry

Describe your experience. What was it like for you?

Did you receive any clarity or guidance from your pendulum?

What is your soul calling you to do?

What is one baby step you can do to act on this today to embody this mystical practice?

CRYSTAL + STONE GRIDS

Activating & energizing connection

The Mystery of stone monoliths and megaliths throughout history has captivated so many. The question of how they got there, who did it and why, is stuff of legend. Some have prophesied that they are energetic gateways potentially connecting energy around the world. Placed on powerpoints of this planet, some believe that they connect the energetic ley lines of the world.

My experience of working with stone and crystal grids started when I was writing my book *Letters to a Starseed*. I wanted to connect my team with the work and anchor the essence of the book in all corners of the world that my team were in. I found five moldavite crystals that I sent to each person to add to their altar. Together we did a ritual to activate the crystals as a special crystal grid around the world.



Other crystal grid work I have done is in my home. We always have an active grid that protects our home and activates intended energies within it. The crystals are placed intuitively in different parts of the house.

I am a believer in working intuitively with crystals and stones. However, here are some basic steps for you to create a stone or crystal grid yourself.

HOW TO CREATE A STONE OR CRYSTAL GRID

STEP 01

Find the crystals or stones that you wish to use. I suggest using at least four crystals or stones.

01.

STEP 02

Decide what your intention for the crystal grid is e.g. protection, love etc.

02.

STEP 03

Clear the stones or crystals in a way that feels good to you. For example, with lemon water and sunlight.

03.

STEP 04

Connect with your soul and open Sacred space with prayer, music, incense etc.

04.

STEP 05

Hold each of the crystals or stones to your heart and whisper to them your intention or request.

05.

STEP 06

Intuitively place the crystals or stones around your home, room or garden.

06.

STEP 07

Close the Sacred space.

07.

STEP 08

The next day, tune into the energy that you activated and thank it for its holding. Repeat your intention for the stone or crystal grid. Each time you do this you are activating it and making it stronger. Having a daily visual reminder to activate your grid can be helpful. The reminder could be something like boiling the kettle to make your tea or it could be physically seeing one of the crystals.

08.

ANCHORING FOR ANOTHER

You could also connect with someone you know to anchor each other's intentions or prayers by sending them a stone or crystal that you have activated with your intention or prayers and request that they place it somewhere on your behalf.

Here are some simple steps to do so.

STEP 01

Decide who you wish to share this activation with. You could even do it for each other.

01.

STEP 02

Gather two stones or crystals that you want to work with.

02.

STEP 03

Decide what your intention for the crystal grid is e.g. protection, love etc.

03.

STEP 04

Clear the stones or crystals in a way that feels good to you. For example, with lemon water and sunlight.

04.

STEP 05

Connect with your soul and open Sacred space with prayer, music, incense etc.

05.

STEP 06

Hold each of the crystals or stones to your heart and whisper to them your intention or request.

06.

STEP 07

Close the Sacred space.

07.

STEP 08

Give or send one of the stones or crystals to the person you have chosen. Request that they place the stone or crystal somewhere they are guided to. If you want to you can share the intention or prayer that they are anchoring for you and request that they hold that intention or prayer also for you.

08.

**CRYSTAL STONES GRIDS***Soul Inquiry*

Describe your experience of making your stone or crystal grid?

What was your intention or prayer?

How did you activate your grid?

Is there anything that you are being called to do as a result of this practice?

What is one baby step you can do to act on the intention or manifestation you set in your grid?



THE ANCIENT STONES CEREMONY

Part Three

THE ANCIENT STONES CEREMONY

Activation

You have made it to the end of the *Ancient Stones Mystery*. Now it is time to really anchor the energies we have been working with, to honor the connection you have made with Ancient Stones and to activate both yourself and the altar item you have collected for the *Ancient Stones Mystery*.

FOR THIS CEREMONY YOU WILL NEED

- △ **Your Sacred altar item to represent Ancient Stones.** Your object should be something that is relatively small and durable as it will be part of your *Inner Temple Mystery School Altar*. It should also represent the Mystery, in this case Ancient Stones. For example, a small stone, rock, crystal, item of jewellery etc
- △ **A candle**
- △ **Water or essential oil**

This ceremony honors the journey you have been on with Ancient Stones as your guide. As we do this ceremony we will be activating ourselves with this energy as well as our altar item.

HOW TO DO THE ANCIENT STONES CEREMONY

STEP 01

Open Sacred space in a way that feels good to you.

01.

STEP 02

Light a candle.

02.

STEP 03

Call upon the Ancient Stones:

*Come, come, Ancient Stones, come.
Activate me with your wisdom and your strength.
Come, come, Ancient Stones, come.*

03.

STEP 04

Take your object and hold it to your heart.

04.

STEP 05

Imagine a stone circle at the center of your heart. Invite the ancient pulse of these Sacred Stones to activate and envelop this Sacred object with its wisdom, strength and power.

05.

STEP 06

Breathe deeply and fully receive the activation from the Stone Altar within you at a cellular level, as well as within this object.

06.

STEP 07

Reflect on all of the practices you have done with Ancient Stones as your guide. Reflect on the insights, wisdom, changes, healing, knowings and experiences that have come up for you while working with Ancient Stones.

07.

STEP 08

Connect with Ancient Stones and say the following out loud, acknowledging the journey you have been on:

08.

I have evoked Ancient Stones.
I have communicated with Ancient Stones.
I have journeyed with Ancient Stones.
I have anointed Ancient Stones.

I have looked deeply with Ancient Stones.
I have sung with Ancient Stones.
I have listened with Ancient Stones.
I have opened my heart with Ancient Stones.

I have reflected with Ancient Stones.
I have walked with Ancient Stones.
I have blessed Ancient Stones.
I have experienced the Sacred with Ancient Stones as my guide.

Thank you Ancient Stones for being my guide.
I now infuse this Sacred object with your wisdom, strength, holding,
guidance and grace.

STEP 09

Take a moment now to whisper any learnings or insights you have received from the Ancient Stones into the object now. Or you can simply blow into it three times to transmit the transformations and teachings now.

09.

STEP 10

Take a deep breath and anoint your third eye and anywhere else on your body with the oil or water.

10.

STEP 11

Take a deep breath and let the final emanations wash over you.

11.

STEP 12

To close, whilst holding your object, let's offer a final gratitude to the Sacred that has supported us,

Place your hands towards the heavens and say,

I give thanks to the Sacred above me.

Place your hands on your heart and say,

I give thanks to the Sacred within me.

Place your hands towards the earth and say,

I give thanks to the Sacred below me.

12.

STEP 13

Place your item on your altar or in your *Inner Temple Mystery School* altar cloth, box or bag.

13.

STEP 14

Close the space and container of the Stones in a way that feels right and then blow out the candle.

14.

We have now completed our experiential work with the Stones.



INTEGRATION + REFLECTIONS

Part Four

INTEGRATION + REFLECTIONS

We have made it to the end of *The Ancient Stones Mystery* module.

I'm a big believer in taking the time to integrate our mystical experiences through reflection. I recommend taking a moment now to reflect on your personal journey with the Stones as your guide. You will find the *Soul Inquiry* prompts below.

See this as an opportunity to ponder on how you have changed through working with the Ancient Stones as your guide, where you are being called to take this work. It might also support you in developing language to speak about your experiences and journey with Ancient Stones



You will also find a reading sheet to do a two-card reading to complete your work with Ancient Stones.

Don't skip over this integration and reflections bit. Make yourself a cup of tea and light a candle and as you complete it. Imagine those roots becoming deeper and deeper as you integrate your journey mentally.



INTEGRATION + REFLECTIONS

Soul Inquiry

Reflect back on your time working with Ancient Stones. Did you have an area of your life that you were working with? If so, what was it?

What was the main message that you received working with Ancient Stones?

How has working with Ancient Stones changed you?

What surprised you the most about working with Ancient Stones?

What challenged you the most about working with Ancient Stones?

What has delighted you the most working with Ancient Stones?

What practice resonated with you most deeply and why?

What have Ancient Stones taught you about yourself?

What have the Ancient Stones taught you about others, the planet and humanity?

What was the biggest lesson you learned working with Ancient Stones?

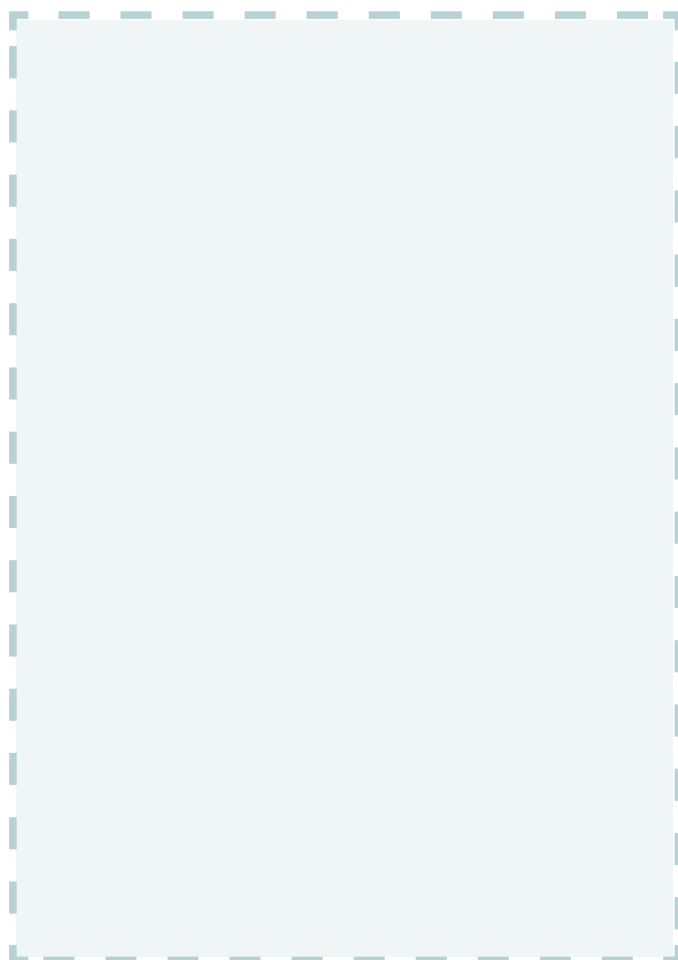
What practical thing do you want to integrate into your life from working with Ancient Stones?

In one word, how would you describe *The Ancient Stones Mysteries*?

ORACLE CARD READING

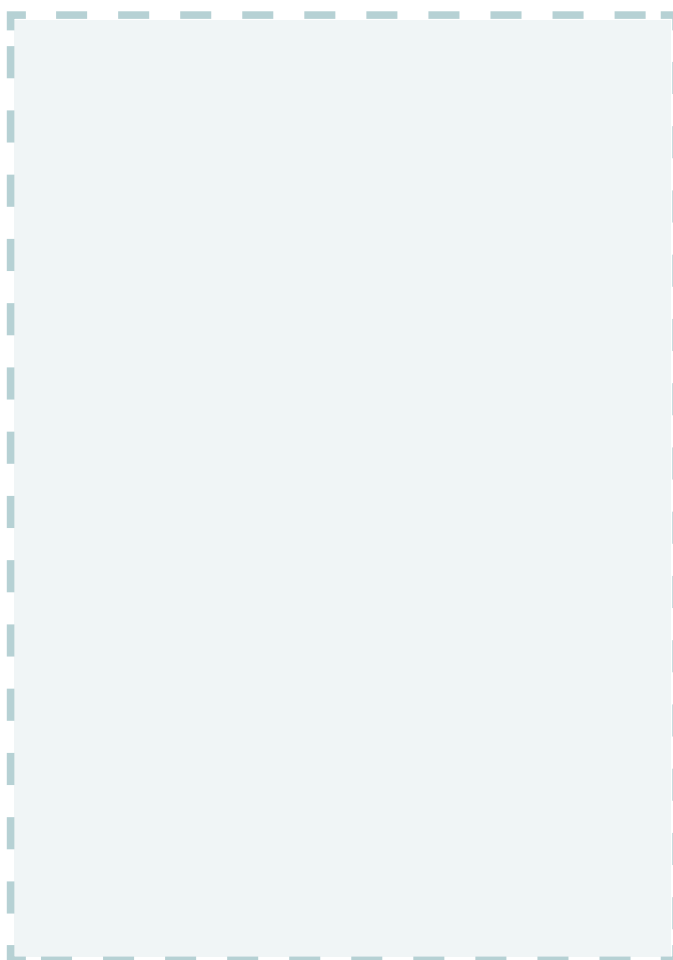
The Stone Circle Two-card Spread

This is a wonderful, quick reading to give you some perspective on a particular area of your life, your relationships or a project that you are working on. It offers you a glimpse of a possible outcome as well as clarity on where you are at this moment.



POSITION 1

Witness Stone: Where are you now?



POSITION 2

Wisdom Stone: The highest outcome if you follow the whispers.



ORACLE CARD READING

Soul Inquiry

What symbols, colors or words are providing meaning for your soul?

What is the meaning?

What baby step can you take today to progress towards this highest possible outcome?



GOING DEEPER

Resources and further reading



GOING DEEPER

Resources and further reading

BOOKS

- △ ***Crystal Grids: How to Combine & Focus Crystal Energies to Enhance Your Life***
by Henry Mason and Brittani Petrofsky, 2018, Llewellyn
- △ ***How it Works: Book of The Elements*** by Imagine Publishing House, 2015
- △ ***Exploring the Labyrinth: A Guide for Healing and Spiritual Growth*** by
Melissa Gayle West, 2000, Broadway Books
- △ ***Labyrinths: Ancient Myths and Modern Uses*** by Sig Lonegren, 2002, Gothic Image
- △ ***Mazes and Labyrinths in Great Britain*** by John Martineau, 2005, Wooden Books
- △ ***Walking A Sacred Path: Rediscovering the Labyrinth as a Spiritual Tool*** by
Reverend Dr Lauren Artress, 1995, Putnam Publishing Group
- △ ***Honoring Your Ancestors: A Guide to Ancestral Veneration*** by Mallorie Vaudoise,
2019, Llewellyn

JOURNALS + ARTICLES

- △ **'Sacred Stones of Hawaii'** by Lahe'ena Gay. Archaeology, vol. 44, no. 4, 1991,
pp. 40–45. JSTOR
- △ **"There is power in them": Mysterious stone figures to be moved in Gaelic
winter ritual'** by Libby Brooks, 2020, The Guardian


FILMS + VIDEOS

- △ **The Labyrinth Society YouTube channel**
- △ **Labyrinths for Our Time** by Dan Johnston, PhD

WEBSITES

- △ **How to draw a seven-circuit labyrinth from a basic seed pattern**
- △ **The Worldwide Labyrinth Locator**

- △ **Queen Puabi's Headdress: Penn Museum, Philadelphia**
- △ **How Ancient Cultures Used Crystals and What We Can Learn From Them** by Faith Davis
- △ **National Geographic: 'Europe's Most Sacred Sites'**
- △ **Fact Sheet: Aboriginal Stone Arrangements**
- △ **Legends, Folktales, and Myths About Petrification** by Mike Grindle, 2022, Owlcation
- △ **Ten Ancient Stories and the Geological Events That May Have Inspired Them** by Sarah Zielinsk, 2014, Smithsonian Magazine



*The quiet, constant steady presence of Stones
is all around us. May we all be open to hearing
their Sacred wisdom.*