



Hellooo! We are your Spirit Stick and Companion Stone...

We can be used in 4 different ways for self-reflection and healing. You can use us to seek guidance, release intrusive thoughts and beliefs, and to restore balance and harmony between yourself and others.

Connecting With Your Guide, Stick and Stone

- Your Spirit Guide is represented in clay. If your stick does not have a being made of clay, it would be the most prominent being in the woodgrain itself.
- Being sure to stay away from any sculpted clay, **gently** rub the stick with its stone until you feel calm and centered. As you continue to polish, the luster will increase and the patterns in the woodgrain will become more prominent. Do you see any images in the grain? Do you see any images in the stone? Notice how the act of polishing affects the way you feel inside. Just notice whatever you notice but take your time and enjoy this process of discovery.
- Put your focus on the guide and wonder what it might be like to be just such a being. What would it be like to be inside that body? What unique gifts and qualities do you associate with this being?
- Ask your guide to share its name with you. Listen for the name that seems to come from the guide instead of a name you have chosen. My general rule of thumb is – if the name I hear is a big surprise to me – it is probably the right one! If no name comes right away – no problem. Ask again later when you have had a chance to quiet your mind more. Eventually you will hear a name.
- Spend some time looking into the facts, history and folklore associated with your guide. This can be truly fascinating and so much fun! You just don't know – what you don't know...

Four Ways to Enlist Help are Explained in This Hand-out:

- Used to Seek Guidance
- Used to Release Intrusive Thoughts & Beliefs
- Used as a Talking Stick to Resolve Conflict & Restore Balance and Harmony
- Creating a Spirit Circle for Talking Stick Work

Used To Seek Guidance

- Being sure to stay away from any sculpted clay, **gently** polish your stick with its stone until you feel calm and centered. From this centered place, explain your situation as if you were talking with a good friend and be sure to **speak aloud** during this process. Speaking aloud will take things to a much deeper level.
- Ask your guide for their thoughts and ideas about the situation then stop polishing. Open your imagination and heart. What do you hear, see, feel, or intuit? Other beings



have very different ways of looking at things than we do. They often have great wisdom to share with us. If you don't get any information at all. You might try the exercise again without a pause in the polishing. Get a feel for what works best for you. There is no 'one size fits all' here.

- Continue to converse and polish, or not polish, as it feels right to you and until you feel it is time to end the session. You can pick up the conversation again at any time.
- When you are done working with your guide say goodbye for now and give thanks for the help. This could be a heartfelt thank you in words, a song or note. You might leave a little food or flower. Do whatever feels right to you in that moment. Sometimes I do a little dance to express my gratitude. And you can always ask your guide how it would like to be thanked.

Used to Release Intrusive Thoughts and Beliefs

- Being sure to stay away from any sculpted clay, **gently** polish your stick with its stone until you feel calm and centered. From this centered place, begin to talk about what is troubling you. It is important to **speak aloud** during this process. Speaking aloud will take things to a much deeper level.
- Ask your guide what they think about this thought or belief. Is there a teaching for you in this situation? Stop polishing, open your heart and imagination. What do you hear, see, feel, or intuit?
- Begin polishing again and talk aloud about how your life would be if you did not have that thought or belief.
- Stop polishing and actually **feel inside your heart, mind and body** what it be like to be free of that thought or belief.
- Ask if the thought or belief is ready to be released. If yes, use your imagination to envision the thought or belief as a small ice cube. Pour some water on it and watch it slowly dissolve into the earth. Then watch as a beautiful flower blooms in its place. That flower has a word or feeling associated with it. What is that word or feeling?
- Continue to polish or not polish as it feels right to you and until you feel it is time to end the session.
- When you are done working with your guide say goodbye for now and give thanks for the help. This could be a heartfelt thank you in words, a song or note. You might leave a little food or flower. Do whatever feels right to you in that moment. Sometimes I do a little dance to express my gratitude. And you can always ask your guide how it would like to be thanked.



Used as a Talking Stick to Resolve Conflict & Restore Balance and Harmony

Indigenous peoples around the world have used the talking stick and circle for thousands of years to resolve conflict in a peaceful way that restores balance and harmony. It can be used among family members, friends, neighbors, co-workers and even by yourself.

When conflicts are resolved peacefully, everyone benefits because each party gains greater awareness and compassion. Using the talking stick teaches people to speak their heart and listen compassionately to others. It helps us to see what lies beyond any differences we may have, is another human being.

Although participation in a circle with a talking stick requires that we listen respectfully, it doesn't mean we must agree. The only requirement is that we show respect by considering the speakers' needs and feelings. Since each person will have the chance to speak, the desire to argue or defend soon drops away. Instead, there is true communication and sharing.

To begin, designate one person to speak briefly about the purpose of this circle and make sure everyone understands the rules of the stick and circle.

- All people in the circle are considered equal. When you want to speak, you hold the stick and say what's in your heart. The only person allowed to speak is the one holding the stick.
- When you are finished speaking pass the stick to the person on your left or place it in the center of the circle. If the stick has been passed to you and you wish to remain silent just pass it along to the next person.
- Never pull the stick from another person's hand.
- When you are not speaking focus on listening. Listen with an open heart even if you disagree with what the person has to say. Focus on the feeling behind the person's words, rather than planning a reply. Try to find points on which you agree. Empathize with the other person's expression of need or pain.
- If you feel anger, express it using an 'I' statement, then let it go as you pass the stick to others and focus on what they have to say.
- The stick is passed around until everyone has finished saying what they need to say. When everyone is finished speaking, the talking stick is returned to the center of the circle, followed by a period of silence.



Creating a Spirit Circle for Talking Stick Work - Sometimes you may be unable or unwilling to talk with another person, in person. In this case you could try the following exercise. Set up three chairs or cushions in a circle. Imagine the person you would like to speak with sitting in one chair and your spirit guide in the other. Begin with yourself, saying whatever is on your mind and speaking from the heart. Move to the next chair with your stick in hand and say out loud what you believe the other person would say when speaking from their heart. Now move to the third chair, stick in hand, and say out loud what you imagine your spirit guide would say as a sacred witness – one who observes with an open heart and without judgement. Continue to go around in the circle just as you would in the standard practice.

Giving Thanks - When you are done working with your guide say goodbye for now and give thanks for the help. This could be a heartfelt thank you in words, a song or note. You might leave a little food or flower. Do whatever feels right to you in that moment. Sometimes I do a little dance to express my gratitude. And you can always ask your guide how it would like to be thanked.

Want to share a Spirit Stick experience with others? Go to Wild Hare Studio on Facebook. FYI - there are several pages called Wild Hare Studio so be sure scroll down and look for the one with the picture of a woman looking at a painted owl. That's me and an owl I painted close to my front door.

Big Love,Cynthia

Visit my website for more tools and class info:
www.wildhare-studio.com