

Touchstones: A Creative Journey



“ These Touchstones are a reminder of all the things that keep me grounded. My goal is to always hold these close for those difficult moments when it can be easy to lose sight of what’s important.

Life is a journey. We learn, we grow but the most important thing is to live through the hurt, through the pain. ”

Touchstones: A Creative Journey



We're excited to share art as a catalyst for empowerment. By taking the time to create your own personal Touchstones, you can build resilience in the face of challenge, honoring your true thoughts, feelings, needs and visions.

We welcome you to carry these small pieces of art with you as reminders of your own strength and courage as you journey forward in life. The art process is not only the tangible stone itself, it is also the collective action of carrying our Touchstones into our lives, relationships, and communities to create change.

For over two decades AWBW has shared art as a touchstone of change for those impacted by violence and trauma. *Touchstones: A Creative Journey* is a community art initiative in which A Window Between Worlds brings this change directly to you, in your own life, in whatever way you may need it.



Thank you to Mallika Chopra and the team at intent.com for your collaboration providing a platform of digital connection to support this community art initiative.

AWBW/A WINDOW BETWEEN WORLDS
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Touchstones: A Creative Journey

Supply Resources

These are the supplies we use; however **you can create Touchstones out of any available materials**, such as real stones, polymer clay, shrinky dinks, or paper. When creating something that can be a touchstone and used to connect with others, **the art is the journey**, regardless of the supplies used.

Available from AWBW:



100 1.25in Paper Circles: \$5



Group Kit: \$40 (+ Shipping & Handling)

- 30 1.25in stones
- 90 multicolor circles
- 10 organza bags
- 1 Prismacolor white pencil
- 1 Ultra-Fine black Sharpie
- glue

General Supplies:

Use permanent markers*, colored pencils, pens, acrylic paints and oil pastels to draw, write and color on your paper circles. You can also collage other pieces of paper* onto your circle using a glue stick.

*Please note: regular markers and ink jet prints will bleed when glue is applied and glass stone is mounted.

Paper Circles:

Use any brand of white or colored card stock paper (65lb) or other heavyweight craft papers.

Circle punch:

EK Tools Circle Punch, 1.25-Inch
ASIN # B0090JVF7E on [amazon.com](https://www.amazon.com)

Clear Glass Stones:

Non-iridescent (for light & dark paper):

Clear Mosaic Glass Gems By ArtMinds®
Item # 10286301 on [michaels.com](https://www.michaels.com)

Clear Glue:

We recommend:

Aleene's® Clear Gel Tacky Glue™
Item # 10312185 on [michaels.com](https://www.michaels.com)

Metallic Paper:

We recommend:

100s Japanese Silver Foil Origami Paper**
ASIN # B007MHXO34 on [amazon.com](https://www.amazon.com)

**Please note: Colors do bleed on metallic paper over time; write words in black ultra-fine only to avoid changes over time.

Organza Bags:

We recommend 3in x 4in, but any size works:
Standard Organza Bags on [papermart.com](https://www.papermart.com)

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CREATE

1. Take a moment to breathe, relax and ground yourself.

**2. What are you moving from and what are you moving towards?
What words, colors or shapes may be resources for your journey?**



3. Choose a circle.



4. Draw / Color / Write. There is no right or wrong way to create.



5. Apply a pea sized dot of glue. Place flat side of stone on top of the glue and press firmly. Wipe off any extra glue and let it dry.

**6. If you'd like, journal about your creation and the intent that inspired it.
Is there anything you'd like to write on the back of your Touchstone?**

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CARRY



How can you use your stone(s) as a tangible reminder of your resilience and your connection to others? How can you share your journey of transformation with others? How can you support others in their journeys?



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CONNECT

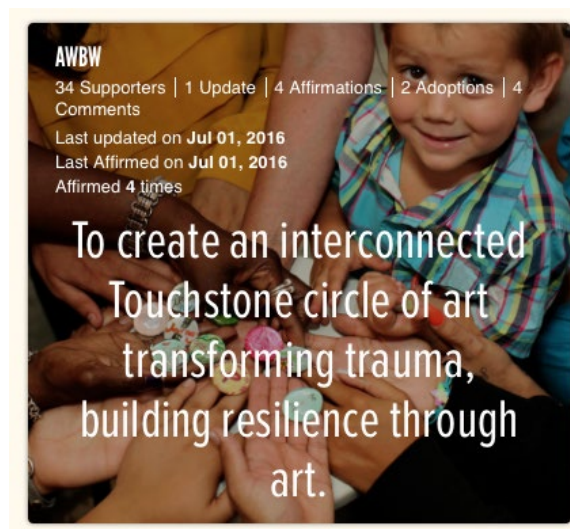
You are not alone. Creating your Touchstone is only the beginning of the art process and of your journey.

Upload to the interactive gallery at awbw.org/touchstones

Report back to AWBW on creating with a group using included form

Email cathy.touchstones@awbw.org to share your journey directly with AWBW founder and Touchstones lead artist Cathy Salser

You can also join a circle of support from others creating Touchstones through intent.com.



It's easy and free to create an account. Simply visit intent.com and click "Create an Account" in the upper right. Click on "Your Profile" to create new intents.

When creating an intent you can include why your intent is what it is, as well as how others can support you in your journey. You can post a photo of your Touchstone under "Inspiration" along with anything else that is a resource for your journey. Those supporting you will be notified of your progress if you decide to post updates.

You can interact through the site as little or as much is comfortable for you. Simply putting your Touchstone and intent out into the world is a reminder that you are not alone.

Some suggestions for participating in the interactive Touchstones journey on intent.com:

1. **Profile image:** Use a photo of your touchstone as your profile image.
2. **Hashtag:** Include #touchstones in your intent so others can easily find and support you.
3. **Connect:** Search "Art Transforming Trauma" and click on "support" to connect with AWBW's core intent.
4. **Support:** View supporters of the core intent to find others in the circle. You can also search #touchstones.

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Connect by Reporting Back (pg 1)

Name: _____

Email: _____

The following information will be used to report back to staff, board members and funders.

What was the group?

Was it friends, family, colleagues, clients, an organization?

If colleagues, clients or organization PLEASE include full name of affiliated organization. For example: Capital Group, Salvation Army, The LA Bicycle Club, UCLA.

Who was in the group?

How many adults created Touchstones? _____

How many children/youth? What age range? _____

When?

Date Touchstones were created: _____

Where?

City and State where Touchstones were created: _____

**Please continue to the second page to tell us more about
your experience creating Touchstones with a group...**

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Connect by Reporting Back (pg 2)

How did you present creating Touchstones to the group?

Please share a story (or more) from the day:

**Please email completed form to Angela Simmons at asimmons@awbw.org.
If possible, please include some photographs with your email. Thank you!**