

# Touchstones: A Creative Journey

## Using Touchstones as a Catalyst for Change in Your Community

*You are invited to be a part of this A Window Between Worlds' community art initiative by innovating the use of touchstones as a way to **connect deeply to ourselves and each other in the face of challenges**. Through creating touchstones with your community, and carrying these small pieces of art throughout our life journeys, they become catalysts for healing and positive change.*

*For inspiration, here are a few examples of how touchstones have provided a safe way for difficult conversations and profound connection to occur:*

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**Across generations:** A father/daughter pair who had been separated for years due to violence and trauma created sets of touchstones for each other, one stone symbolizing the pain and loss from the past that they wanted to move away from, the other representing a wish or hope they wanted to move toward with each other. They carried each others' stones for a week, then came back together to share their experiences.

**Connecting staff:** Think of the core purpose that brought you to work in this field. Put it in stone. Keep the stone on your desk to anchor you when challenges arise.

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**With a spouse:** A woman created a stone to share with her spouse when she felt she really needed to be listened to. She also welcomed him to use it with her when he feels she isn't listening or he needs to be heard with love. Sharing the invitation to use the touchstone both ways, she could tell that he didn't feel like he was being attacked but understood where she was coming from.



**Commitment stones:** A group of friends each shared a commitment that felt challenging to them. They each created a stone to carry on their journey as a resource for support.



**Seeds of Change:** Participants at a protest created stones to show their solidarity, strength and persistence in the face of oppression, inspired by the phrase "They tried to bury us. They did not know we were seeds."

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**In Court:** Survivors of abuse have created and carried stones into court as a source of grounding and strength when facing their abusers. Siblings have also made stones for each other as a source of support.

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**Expressing a need:** A student who had attempted suicide multiple times made a Touchstone that said, "I need 5 minutes" as a tool he could use to communicate to his teachers that he needed a time out to self-regulate.