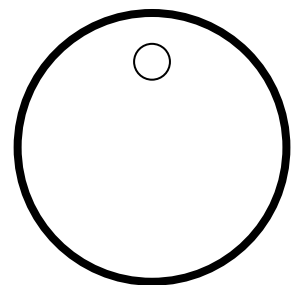
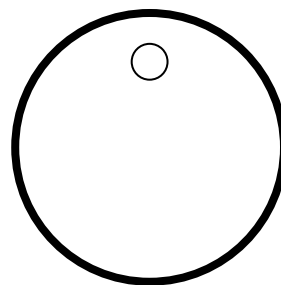
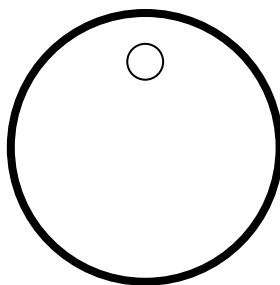
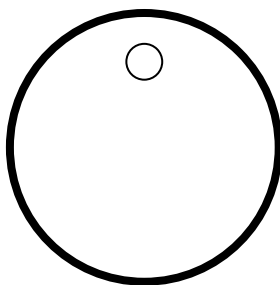
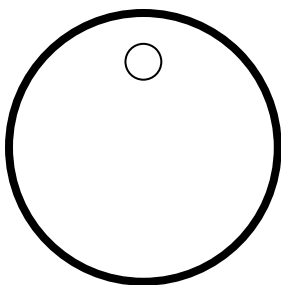
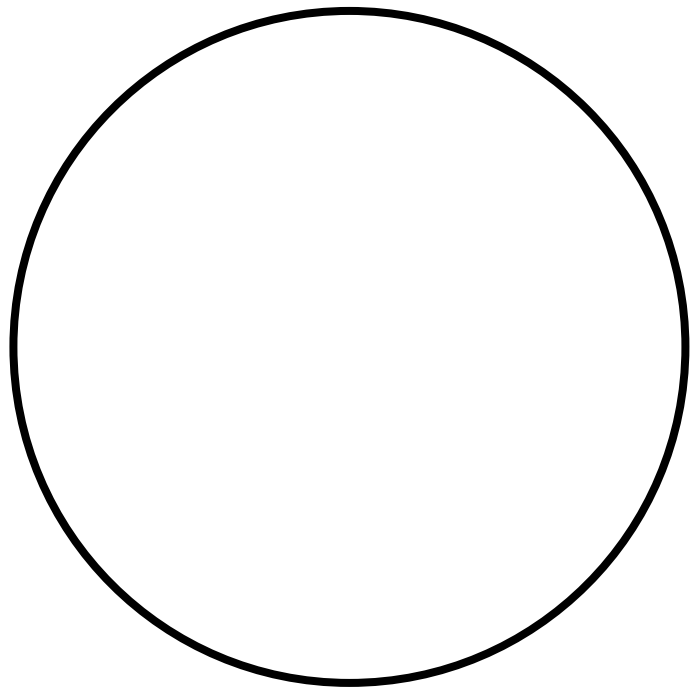
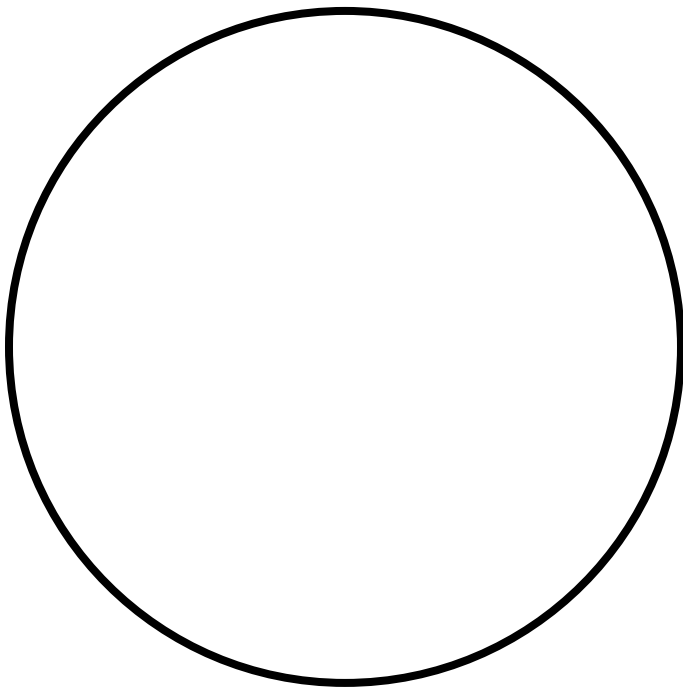


VISION TOUCHSTONES

Vision Touchstones offers a "window of time" to pause, breathe, and create art as an anchor for the transformations that are occurring in our bodies, families, communities and systems. What changes are you navigating or wishing for right now? May this page be a space to listen deeply within and create a resource for your path forward. Your journey may simply begin as a question, to be answered and lived into day by day. What vision, wish or seed of transformation is on the edge of your impossible?

Directions: 1) With materials of your choice, use words, images, symbols, and colors to express your visions and wishes. The two large circles may represent whatever you wish to have on the front and back of your Vision Touchstone (e.g., from/toward, internal/external, cellular/systemic). 2) Cut these out and place them back to back as a two-sided touchstone to wear, carry, or display. Perhaps use tape to laminate. 3) The small circles are offered as a space to hold quotes, practices, learnings that you wish to carry along your path.



"The art is not just the stone but the lived journey of connecting deeply with ourselves and each other." — Cathy Salser, Founder, AWBW