

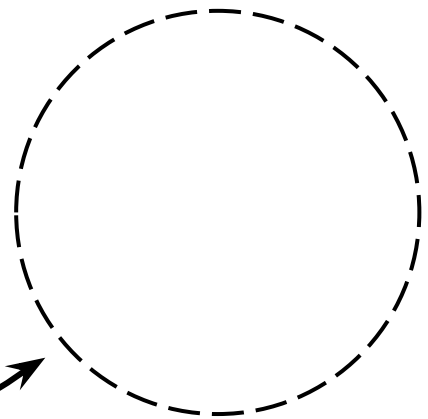
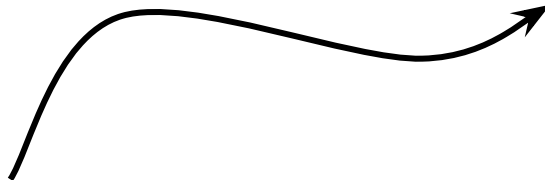
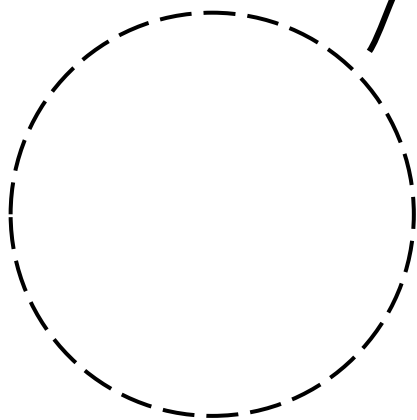
RELATIONSHIP RESET STONES

Relationships affect every aspect of our lives and can be critical to our personal growth and development. Relationship Reset Stones, developed by Dr. Susan Lee from United American Indian Involvement in Los Angeles, CA, can be used to invite a shift where there are challenges. This can be used individually for self-care and personal growth or with another person, inviting dialogue and co-creation. Either way, it is meant to open a creative seed of change.

Directions: 1) Take a few minutes to journal about a relationship in your life you wish to process or invite growth. Fill the page with first thoughts. 2) Create one stone to hold the past you wish to move from and one to hold what you wish to move toward. 3) Using clear tape, laminate the paper or create physical stones as a resource to focus on positive thoughts and actions that may carry you toward your wishes. Whether individually or with someone else, use your stones to anchor your journey and invite a new path forward. There is no right or wrong way to create, if these directions don't work for you, feel free to modify anything you need to feel comfortable.

Note: If you're considering including the other person, you might check in to see if they have the heart and mind space to join you. Please remember to always be safe in your journey.

From...



...Toward

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

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