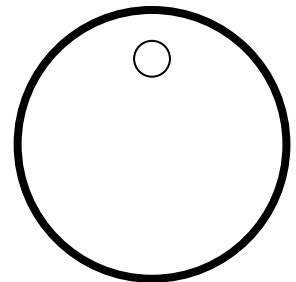
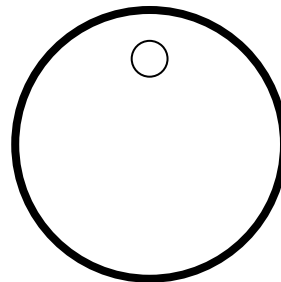
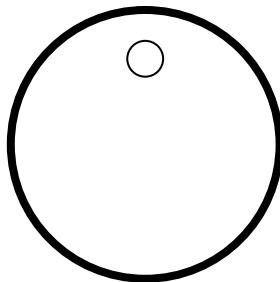
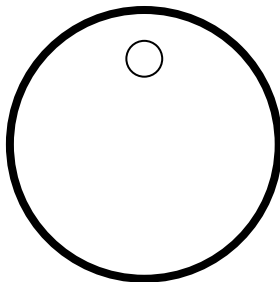
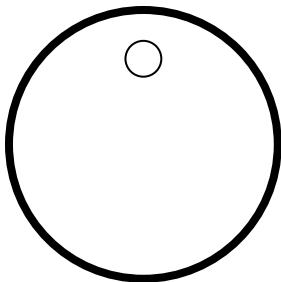
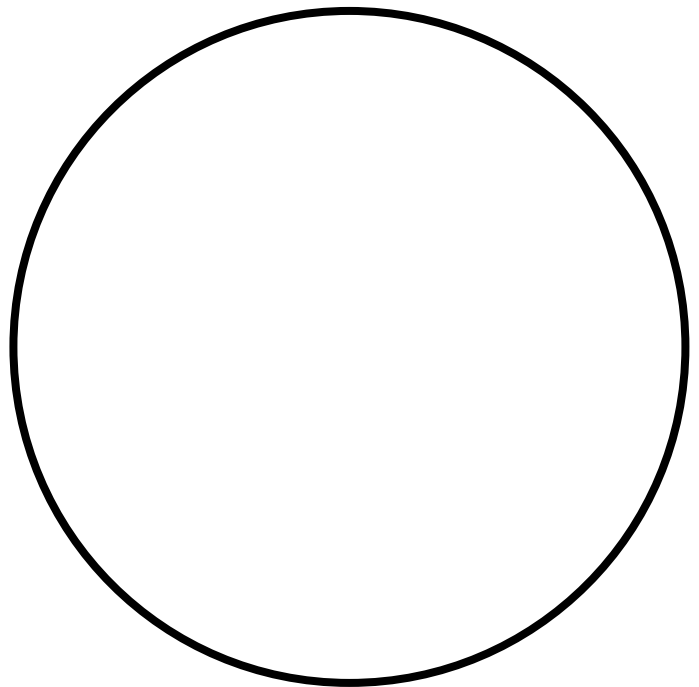
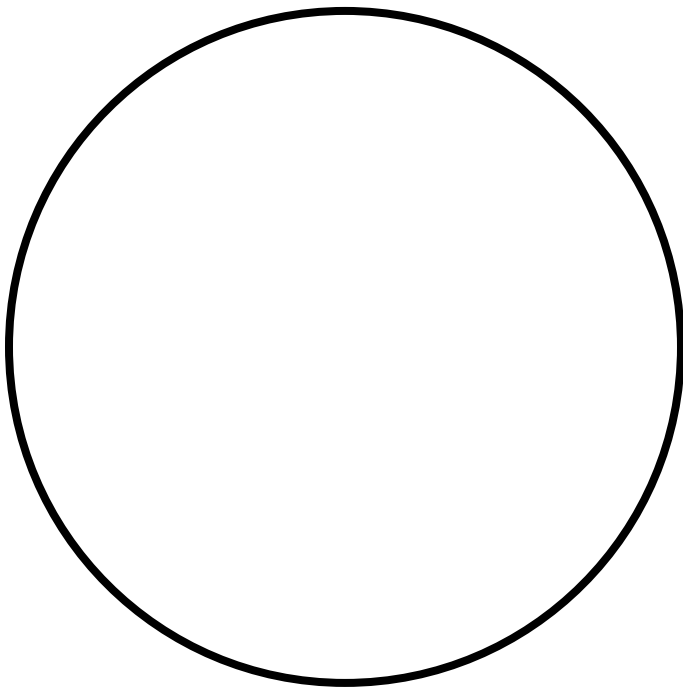


TOUCHSTONE JOURNEY

What transformations are you navigating or wishing for right now? Touchstone Journey offers space to listen deeply and plant seeds of change, dialog and vision to carry as a resource. Your touchstone may simply begin as a question, to be answered as lived as a journey day by day.

Directions: 1) With materials of your choice, use words, images, symbols, and colors to express your experiences and wishes. The two large circles may represent whatever you wish to have on the front and back of your 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 practice along your path.



"The art is the lived journey of connecting deeply
with ourselves and each other. And we are each needed now."

— Cathy Salser, Touchstone Journey Circle Organizer