

# LITHOMANCY: DREAMING WITH STONES



10,000 dreams we have lived  
10,000 nights dreaming you

Crystallised light, molten, igneous

Mineralising memories, forging thought forms, petrifying pleasure.

Dissolving, coagulating  
Ionising dreamers with dreamers with elementary desires

In your atmospheres we reveal ourselves  
Until you wake  
With only dusty pigments and fragments of knowing

Yet a part of you remains in us  
A fleck  
A trace  
Sediments of soul

Layer upon layer  
Night after night  
Slowly, slowly we become of your world

10,000 fossilised dreams and we are liberated into form

Metamorphic  
Beacons of being  
In and of these lands

Tonight, when you close your eyes  
Know that we stand with you  
Antennas for oneiric soils

Seek out the others that are dreaming you  
Let them be in you and of you  
Invite their becoming

And know that your bones are made of stone

# LIMINAL LITHOMANCY

## Stone as Companion

The stone you hold is part of our collective imagining  
A fragment of deep time  
A geological metamorphosis, holding traces of memory  
Journey with it, feel its presence in your pocket  
Over the coming nights, let it be your guide

## Before Sleep

Hold the stone in your hand  
Give your attention to  
its weight  
temperature  
texture  
Witness any  
thoughts  
sensations  
memories  
that arise



Place the stone beneath your pillow

## Entering Sleep

As you begin to drift,  
Feel out the contours of your body  
Sense the minerals of your bones  
Trace the hard edges  
Let them soften like wax  
What lies beneath?

## Upon Waking

Hold your waking position,  
Stay as still as possible in your bed  
Notice what remains:  
picture  
fragment  
feeling  
tone

## Release

Hold the stone in your hand  
Offer appreciation for the connection  
Allow your body to be guided  
to a place of  
soil  
sand  
water

Bury or cast the stone to return it to the elements

