Rock People Meditation- from 2001 ritual

Invite them to close their eyes, to quiet their breath, to release themselves to the evening. Take time to have them settle and then begin:

The Dark Mother is the giver of gifts and the teacher of lessons. Her love for her children is without limit. Her greatest gifts are given to us freely. We don’t have to earn them or deserve them; we simply receive them. We are worthy of her love simply because we are. Life of course is the first gift that comes to each of us. Every child born is a miracle, as wondrous as the re-born sun. With every new life come new possibilities. In the realm of the Dark Mother, anything is possible. It is the power of this night, of this time, that change and transformation are possible and with this great release allowing for the creation of much abundance.

(Passing baskets of rocks, each woman picks two with their eyes closed.)

We invite you with your eyes closed to choose two rocks…they will speak to you. The women will be coming around with the rocks for your choosing. They are the rock people and have called to be here with us tonight. The come from \_\_\_\_\_. As you pick two rocks continue to keep your eyes closed and place the rocks in front of you as I will continue to give you instructions. GIVE some time for the rocks to be chosen. (Wait until attention of women is back with you.)

Rocks are many things. They represent the earth, our mother, where all things come and are nourished. They symbolize during this time of increased activity and stress our yearning for stillness; the part of us that remembers the need within to be quiet, contemplative, to move deeply into ourselves during this dark time. It’s a time to listen, to notice, and to allow ourselves the messages from within.

As you continue to keep your eyes closed, I invite you to hold one of your rocks, caress it, and feel what it feels like. Notice if it speaks to you?

What is it saying?

Be aware of any images, thoughts, words.

Does your body speak?

Is it tingly?

Sense it completely. (Give time for this activity and for the women to overcome any initial obstacles to the process. Allow it to flow slowly.)

When you are finished and with your eyes continuing to be closed, put down your first rock and pick up the other one. Hold this one.

Is it different? Does it vibrate differently? Notice again what it says, or the images you might receive. Is there a message for you?

When finished, place it next to the other rock. Allow yourselves to be in touch with the stillness-with the quite. Thank this part of yourself-the part that gives you permission to be connected to your divine. Thank the rock people for their invitation to you, and when you are ready, open your eyes to see what they look like and compare them.