



Shamanic Reiki Master Teacher and Life Empowerment Working with Stone Huacas/“Stone People”

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This is a supplement to what's written about working with Stone Huacas in the *Shamanic Reiki* book.

Spirit Huacas: meaning 'sacred items' from the Quechua language.

There is no right or wrong way to create relationship with Stone Beings or Spirit Huacas (Guides). In addition to what's written about this in the *Shamanic Reiki* book, you may go for a walk and pick up a Stone(s) for a moment (or hold it in your hand as you walk for a while) and then release it (them) back to the Earth. Or, you may bring a Stone or several Stones home with you to work and play with – for a short time or for a very long period of time, even for a lifetime. A Stone may stay with one family member for life then be passed down through the family.

You may sleep next to, or with your Stone People, you may carry them on your person in a pocket or place them on a windowsill or on your altar, keep them in your car, etc. You can do a drumming or other journey to or with your Stone(s), placing them in your hands or on different parts of your body, as you journey. There are so many ways to connect with Stone People.

Ask the Stones how to connect with them!

As an example, there is a Siberian divination practice using 49 stones. The instruction is simply to ask what river stones are calling you to work with them and then ask them *how* to work with them. As a result, each shaman has a different divination method that derives from the intentions and instructions of their particular Stones.

Ancient Tibetan Buddhists had a practice called *terma* – of sealing information and energy into nature; this could be trees, stones, hillsides, waters, etc., so these spiritual teachings could be accessed later in the future when they would be needed and be of benefit. The indigenous people on our own lands may have seeded the Stones that find us, and with which we can now relate very intimately. Stones in and of themselves also have energy, wisdom, and power; they are sentient.

Befriending Stone People

In addition to walking to allow a Stone(s) to find you, you can also consider sitting on the Earth and shimmying along the sand from one spot to the next at the beach, see where you are called. You'll likely move very slowly, indulging fascination and connecting with each Stone (or shell) that calls out to you. This works great at a lake or ocean beach in the summer when you have an hour or two undisturbed. Allow yourself to enter a trance state as the Stone People speak to you, and as you absorb good energy from the Earth, which also shifts your consciousness. The Stones here also carry the consciousness of and messages from the waters and of the lands on the far shores of the lake or ocean. (If you're at the ocean, stay alert to the incoming tide!)

Additionally, you can consider simply playing with Stones, and/or stacking them or making Stone designs on the land.

Within all of these approaches, open to that childlike place that is within all of us, even if you feel you've lost it. These practices — and opening to play with the Stone Huacas — will open it up. The Stones will find you. The Huacas are waiting and they will recognize you. They feel your energy and pure intention, and they are attracted to you. That allure you feel when you come across a certain Stone, may actually come from the Stone, not your feeling alone — have you ever thought of that? It's the same when you take a walk — everything you pass by is awake and aware of you, the trees and animals and rocks and breezes, etc. Next time you take a walk, think on this and notice and open to participate with nature. Be playful and sense what is possible.

Most of us are already tuned in — we've just forgotten.

Daydreaming back to our childhood, remembering our connections to rocks and how we played with Stones as a child can help us reclaim the natural knowing of how to speak with and absorb the good wisdom and energy the Stone people offer us.

Relating with Stone Huacas

We can't regard Stones as we do our material possessions, we must treat them with respect and understand that they may have their own agendas.

Sometimes Stones want to stay with us and sometimes they come to us, yet they want us to give them to another person. Or, they may want to go back to the Earth or visit another location to mix with the energy of

lands in other parts of the world. Open to all of these possibilities. Pay attention to what the communication is and what feels right as nature often communicates to us through the feelings that move through us – the natural intuition. This is part of the playful and alive relationship with Stone People.

Be heartfelt and mindful about creating relationship with these beings. If you feel called to collect a lot of Stone People as you walk a beach or other area, always check in again to make sure you know which beings really want to – or do not want to – come home with you. Trust what you feel – trust this language. The Stone may just want to share its vibration for a while or be in our vibration for a brief time then go back to the Earth. This is a very sweet, deep, and unattached exchange.

You can work with healing Stones in the Shamanic Reiki Absentee Healing process and imbue it with the Reiki symbols then send the Stone to the person you're working with. This is one example of stones that desire to be passed on to others.

Have a playful energy with your Stone people because that's what will open your perceptual faculties and also make your exchange with them ecstatic. A language develops, that will be unique to your experience. You may find that you don't connect with Stone People as much as you do with some other element, and that's fine. If you do connect with the Stones, be open to dialoguing in any way that makes sense to you. The documentary *Rivers and Tides*, which depicts the work of Scottish nature artist, Andy Goldsworthy, shows beautiful examples of how to go deeply into the energy of the land, stones, and so forth by playfully co-creating with nature.

Cleansing and Feeding Stone Huacas

All Stone People should be cleansed, especially those you use in healing work. Cleanse them under the full moon, or in a sea salt bath, or by imbuing them with the Reiki symbols or by smudging them, or sitting them on a windowsill in the sun or by resting them on the Earth or even burying them in the ground, or *camaying* (blowing with the breath of spirit) air, sacred waters or alcohol, etc.

Also, try rubbing them with almond or walnut oil (don't use olive or coconut oil for stones or wood). Try adding a little melted beeswax, which gives them a nice sheen, which lasts longer than rubbing them with the oil alone. Using our hands to touch and rub the Stones like this makes a visceral as well as energetic connection and can show the pictures, lines, colors, and energies in the stones more vividly. Take your time and play with and rub the stones. See what colors and forms come up when using oil on your stones and see what you feel and what insights arose as you connect intimately with them.

You can sprinkle tobacco on Stones and speak with them, even if just to say good morning. There will be certain Stones that make you aware that they want to relate with you and be 'fed' every day.

Our offering is our gratitude and it opens relationship. Offerings can also be very simple like drawing the Reiki symbols over the Stones or sprinkling a little Moon Water on them. Create your own ways and see what the Stone Huacas like. Stone People emanate a very conscious field. Enjoy!

Reading and Intuiting the Markings on Stone People

Indigenous people all over the world, as well as on our own lands, read the markings on Stones. It's important to remember that our own lands are sacred. If you have a Stone that you are working with, connect to it in whatever ways draw you. Also, notice what grabs your attention when you are holding and looking at your Stone. Look it over carefully and then see what your eyes want to focus on for a while. As you do, also notice how you feel in your body. Get to know that feeling, become familiar with and acknowledge it, and your body wisdom will develop.

Next, relax your mind, open your heart and look at the Stone with a soft gaze. Allow a gentle trance-like state to come over you as if you are journeying into the markings. Take all the time you like to allow the Stone to show you what it wants you to see, like a design, or letters, or a picture, or a feeling, or an intuitive communication from this design. There are so many ways to do this. Find your way — ask the Stone Being!

*Journey and Shapeshift into the Energy Lines of Land and Stone/ by
Stacey Gibbons*

Do some Aimless Wandering and see where on the land you are called. Ask permission to be there and make some simple offerings. Lie down on the Earth and breathe with the nature beings and the spirits of the land. Connect in with the pulse, the language, the energy and mineral tendrils that are moving through the land, and the massive Stone bodies within and upon the land. For some of you, this will be granite and other Stones in other locations.

Allow yourself to feel heaviness in the body and imagine that your energy hands can move deep within the rock underneath you. Imagine your extended etheric hands can travel along the energy lines, the cracks, and beyond the bedrock deep within the Earth or in the crystalline energies in the granite, or other Stone. These lines hold information; as do the energy filaments that come out of our body and into our luminous field. These mirror the same type of wisdom that is found in the Earth from eons ago. Allow yourself to release into the Stone and then go deeper by journeying and also shapeshifting into the Stone. Retrieve whatever information – through feeling, intuition, image, or words – is coming to you from the Earth.

When you are complete, express your gratitude and make offerings. With every step back to your home, feel your connection with the Stone and deep into the Earth; keep it alive and strong.

The Sacred Door Stone Journey

Find a quiet and protected place where you won't be disturbed for some time. If you are inside, you can play some meditative music, or put on a drumming track. If you are outside, simply relax with the natural or other sounds around you. Make sure you have the Stone being with you and get comfortable, either lying or sitting down.

Before you begin your shamanic journey, take your time to get to know your Stone Being physically. Smell it, taste it (if appropriate) and touch it. Look at its markings and colors and feel its texture and temperature. Also, notice any subtle feelings or messages that come to you as you connect with the Stone.

Next, decide whether to hold the Stone in one of your hands or to place it somewhere on your body for the duration of your journey.

Set the intention to meet the Spirit of your Stone in the journey.

Now, close your eyes and go to your Inner Sanctum, your Sacred Place. Take all the time you like in your Sacred Place until you feel comfortable and relaxed and connected in this transitional space between ordinary and non-ordinary reality. This space is just for you and evokes the qualities of healing, comfort, and safety.

When you feel ready, decide whether you would like to experience the Spirit of your Stone within your Sacred Place, or whether you want to gently stand up in the alternate world and wander off a bit to a serene landscape where you will explore the Spirit of the Stone. You'll know what feels right. Our Inner Sanctum or Sacred Place is only for us, and those spirits and beings that we invite into that space.

When you are in the right location to take the next steps, imagine your Stone is in a very large form directly in front of you on the land, or wherever you are. Or, alternately, imagine that you can shrink yourself down, so you are small enough to walk around the stone.

Either way, after you do this, walk around the Stone Being, allowing yourself to look at it from all angles.

Notice the Stone's texture and shape. Note its size, and if it seems to have an emotional tone. Feel whether the Stone's surface is cool, warm, or neutral. Intuit whether it appears hollow or solid to you. As you walk around the Stone, study it from all angles and get to know as much

about it in the journey space as you can, which may yield different qualities than when you related with it in ordinary reality.

Next, allow yourself to be guided to find a small door or portal or crack or fissure in the Stone that is large enough for you to slip or walk through. You can call upon a Spirit Guides to go into the Stone with you, and/or bring shamanic tools like a wand or feather or even practical tools in with you, like a flashlight. Or, you may be drawn to enter the Stone completely alone. Sense and trust what is right for you.

In the journey space, once you are inside the Stone, notice what's around you. What is the surface like under your feet? What is in the hollow place that you are occupying? What do you see, sense, and feel? Are you in a room, or in a cave? Have you suddenly entered an amazing landscape? Notice everything. Take your time just studying and feeling the space inside.

When you feel ready, ask for the Spirit of the Stone to appear to you, if it hasn't already. Take time for a being, animal, human form, symbol element, or whatever to show itself to you as the Spirit of the Stone.

When the Spirit appears, introduce yourself and take some time to relate to this experience in whatever way unravels.

You may speak verbally, energetically, receive a transmission, simply have a deep felt-sense or a silent connection with this Spirit. There are no rights or wrongs. Take time to greet the Stone's spirit and invite what unfolds.

When you feel complete with your experience with the Spirit of the Stone, thank the Spirit. It may present you with a gift before you leave

or offer you a transmission of energy — such as an etheric gift that it offers to place into your energetic body. Determine what is right for you, whether you accept this gift at this time.

When you are ready, find the portal or door or crack or fissure where you entered the Stone and slip or step through it again, come out of the Stone.

Walk around the Stone three times in non-ordinary reality, expressing your gratitude. Then, rest within (or go back to) your Sacred Place and take all the time to relax into the qualities of your Sacred Place — healing, comfort, and safety. When you are ready, you can wiggle your toes and fingers and come back into ordinary time and space.

Now is a good time to ‘feed’, or to take a walk with your Stone. You can also journal any insights or experiences you may have had during the journey.

Enjoy getting to know the Stone People!