

# *BLESSING STONE*

As you may know, we are moving up to Suite 500 for the month of July so that Crossings can undergo some renovations. We hope you've seen our newsletter!

As we transition to our temporary space and then back home to our suite, we want to carry the wonderful vibes of our space - energy that is created not only by the practitioners here but by you, our beloved community.

Many of you have seen and commented on our wonderful stones that line our halls and form cairns in the corners of the waiting room. These rocks were gifted to us by body workers and healers when they retired during COVID. During those scary COVID times, we used these rocks as anchors to bring the loving presence of those elder healers into our space with us. We will be bringing these beautiful stones to our transitional home with us and we invite you to join us in using them to bless our new space.

Starting on June 9th you will see a basket of stones and some paint markers on the round table in our waiting room. We invite you to take a moment before or after your session at Crossings to create a "Blessing Stone".

1. Take a rock from the basket.
2. Hold it in your hands and think about what you appreciate about coming to Crossings. We invite you then to silently (or quietly out loud) utter a blessing or a wish for our community and our sacred healing space as we navigate this transition. It doesn't need to be fancy or profound as long as it comes from the heart. What do you wish to experience here or what do you wish others experience in our space?
3. Then, if you wish, use the paint markers to draw a symbol or write a word (or two) that represents your wishes for our whole community. Please leave the finished stone on the table to dry and we will collect it.
4. The stones will be a through-line during this transition. We will bring them up to our temporary space on the 5th floor and use them to decorate our space. When we return here to our newly renovated suite, they will hold your blessings and good intentions for all who come through here.

Please be mindful of capping our paint markers and replacing them when you are finished!

***Thank you for being part of our community!***