

Mediation on a Stone: adapted from Jill Hammer at Tel Shemesh

In Jewish mystical tradition, stones are referred to as “domemim” or “silent beings” and are manifestations of the world of the earth. Stones have wisdom to teach us. They represent eternal knowing and remembering.

Human beings have a special bond with stone. We place stones on a gravesite in memory of the deceased. We stand in awe of stone in mountains and monuments. We recognize something of ourselves in stone for we are of the same dust as the canyons and the cosmos.

As you begin, feel in your body that you and the stone are both resting on the same earth.

DRUM/shaker SOUNDS

Observe its physical qualities. Try to observe as closely as possible, using eyes and hands.

Close your eyes and meditate on the stone without looking. Feel the silence and the great age of the stone.

Imagine that you are also a stone, with a stone’s silence. What wisdom do you learn from being a stone?

Ask this stone, this *domemim* or silent being, to give you a teaching or vision you need. What does the stone tell you? Does it speak or express itself some other way?

If you feel it is proper, ask the stone to give you a gift or a blessing.

When ready, say farewell to the stone and offer it your thanks.

[Offer a blessing to the stone:]

Birthstone of the universe, you who dwell in the pebbles of the earth and in the furnace of the stars where stone is made, put in my heart the strength, persistence, and humility of stones. In the world of earth, the world of air, the world of water, the world of fire, in all the worlds, and so it is. Amen.