LOVE & STONES



7 WAYS

to find your way

copenhagen · mallorca

A little note from me

We all carry questions. Should I? Why do I? What do I really want? They run around in our heads, and the way rarely shows when we rush it.

When I need to find my way, I write my question down, light a stick of incense and let the stone sit beside it. Then I watch the smoke and give the question a little time. Often the first step is already there. Sometimes it comes later, quietly.

Here are seven ways in, seven kinds of questions we all know. Take them, change them, make them yours.

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1 Write your question.

2 Light the incense and let the stone sit beside it.

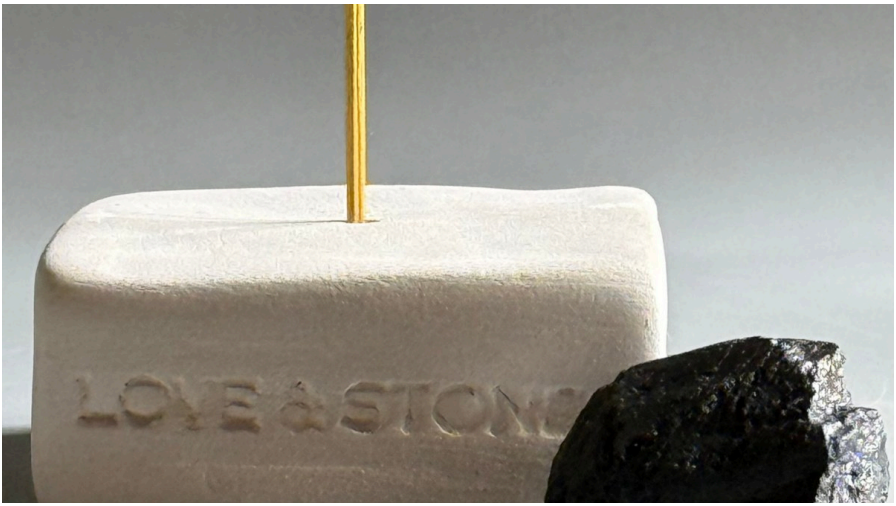
3 Watch the smoke and let the question sit.

4 Write whatever comes first, even a small step.

5 Let it burn out. The rest may come later.

love,
Lone

Black tourmaline



Black tourmaline is known as the stone of grounding and protection. It is said to absorb heavy energy and help you feel steady, safe and clear, which is exactly what you need when a question feels big.

Let it sit beside the incense while you think. Hold it in your hand when you need to feel the ground under your feet.

When the stick has burned out, keep the stone close: on your desk, by your bed, or in your pocket on a day that asks a lot of you.

Should I...?

MY QUESTION

SIT WITH IT

What do I already know, deep down?

WHAT COMES FIRST

Why do I...?

MY QUESTION

SIT WITH IT

What am I really afraid of?

WHAT COMES FIRST

What do I want?

MY QUESTION

SIT WITH IT

If no one was watching, what would I choose?

WHAT COMES FIRST

Is it time?

MY QUESTION

SIT WITH IT

What would change if I said yes?

WHAT COMES FIRST

Who?

MY QUESTION

SIT WITH IT

Who do I need to talk to, and what would I say?

WHAT COMES FIRST

What if...?

MY QUESTION

SIT WITH IT

What is the best thing that could happen?

WHAT COMES FIRST

Where am I going?

MY QUESTION

SIT WITH IT

What would I tell a friend in my place?

WHAT COMES FIRST

Your own questions

The set has twelve sticks: seven for these questions, and five for the ones still to come. Light one when you're ready.



A SET OF WAYS

A white ceramic base, twelve incense sticks and a raw black tourmaline, the stone of grounding. One stick, one question, a little time to find your way.

see a set of ways