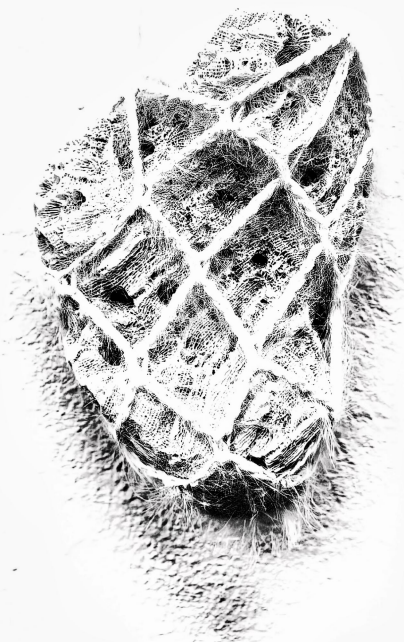


How to Become a Stone Medium

A Beginner's Guide to the Stone Hotline



Entry-Level Training Material

Internal Use Only

The Stone Hotline

Welcome to the Stone Hotline!

The Stone Hotline provides introductory assistance in matters of attention, duration, material resistance, and the gradual emergence of spiritual presence.

This manual is designed for new trainees who wish to begin basic stone mediumship practice. No prior experience is required.

Please note that communication may be delayed, ambiguous, or entirely nonverbal. This is normal.

I was not born. I gathered - grain by grain, pressure by pressure. I have been touched by fire, folded by rain, carved by wind that never asked my name. only moving slowly - Time does not stop, but neither does it go; time does not pass; it moves, yet whole - a current through the hollow, a pulse hidden below, still silence learns to glow, returning to its own echo.

Every fracture holds a trace of sound, every weight harbors a whisper underground. You call me still. I am only slow, while within, minerals dream and grow; You call me silent - I am only deep, carrying what the ages keep. I do not wait - I continue; I do not seek - I remain in flow. When your hand rests on me, you begin to know: what seems still is



DISCLAIMER

This manual does not guarantee successful communication with stone.

Results may vary depending on patience, sincerity, attention span, and environmental conditions.

Not all stones wish to participate.

Silence is not, in itself, a service failure.

If no message is received, remain calm, continue attending, and please avoid blaming the training materials.



BEFORE YOU BEGIN



What is Stone Mediumship?

Stone mediumship is a practice of staying with a stone through attention, patience, and receptive contact. Here, becoming a stone medium does not mean mastering the stone or making it speak in a human way, but learning to remain with it longer than usual, allowing thoughts, sensations, images, or feelings to slowly emerge between yourself and the stone.

What May Help?



No special skill or prior knowledge is required. What matters most is patience, openness, comfort with silence, and a willingness to notice small details. A stone and any available form of attention - looking, touching, smelling, imagining, or simply staying nearby - are enough to begin. Paper, pencil, or simple materials may be used to record, trace, or make something from the encounter, depending on each person's choice.

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ENTERING THE ENCOUNTER

Take a moment to arrive in the space. Let the body settle, and notice the room, the stones, and the pace of this moment. Nothing needs to be known in advance. The encounter may begin slowly, guided by curiosity, uncertainty, or quiet attraction.

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Now, choose a stone...

Let attention move slowly among the stones. Attraction may come through colour, shape, texture, weight, or something that cannot be clearly named. There is no correct choice. Choose the stone that seems to call, hold, resist, or quietly meet you.



Establish Contact

Stay close to the stone and let the first contact unfold slowly. Notice its surface, weight, temperature, edges, colour, and the way it rests. It may be held, turned, brought closer, listened to, smelled, drawn, or allowed to leave a trace on paper. Nothing needs to be forced. Contact begins wherever attention begins, often as a shift in perception, a bodily sensation, or a feeling that has not yet found words.



Stay with the First Moments

The first moments may feel uncertain, awkward, or unclear. This is part of the process. Instead of looking for an immediate message, stay a little longer. Notice what happens when attention continues beyond the first impression.



Extend the Encounter

One attempt may not be enough. Try staying a little longer, changing the way the stone is held, or approaching it from another angle.

Notice what happens in the body: whether breathing changes, focus shifts, or something becomes quieter or heavier.

Attention may also move beyond the stone's surface. Consider the atmosphere around it, the kind of presence it seems to hold, or the time it may carry: pressure, weather, movement, distance, and the many conditions that brought it here.

A response does not need to come as words. It may appear as an image, a feeling, a memory, a question, or a quiet change in perception. Follow what feels genuine, even if it remains difficult to name.



Gather the Traces

Gather whatever remains from this time with the stone: a thought, sensation, image, doubt, silence, or small change in attention. It does not have to become words, and it does not have to be shown. What remains may be a memory, a quiet feeling held inwardly, a mark, drawing, diagram, gesture, trace, or unfinished fragment. All of these can carry what has been felt or noticed.





Trust What Emerged

The encounter does not need to become a clear message in order to be real.

When attention begins to deepen, continue, or move with greater sensitivity, it may become a kind of flow: a sustained connection between awareness, the stone, and the present moment.

If something has shifted in the way the stone is sensed, imagined, remembered, or held within you, then the purpose of this exercise has already begun. This is a way of communicating with material.

Trust what has been felt, noticed, or received.

Perception itself is already a form of meaning, and part of the dialogue between yourself and the material.

Beyond Stone

Stone is only one possible beginning. Its weight, silence, and long formation may invite slower attention and another way of being with things, but it is not the only material through which such a relation can form.

Each material has its own pace, memory, and way of being encountered. What matters is not choosing the "right" one, but allowing a relation to form through attention and flow. The same practice may continue with any material that draws attention, allowing flow to emerge through the felt process of connection, and gradually forming a particular relation with it.

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Attention opens before meaning.



Flow is what attention becomes in time.

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