

Peaceful Practices: Just a Stone Throw Away

"You have power over your mind, not outside events. Realize this and you will find strength."

Marcus Aurelius

You are in control of how you respond to people's words, their actions, and the challenges that you face in life. We often hang on to difficult memories, hurtful words heard and spoken and worries during our day that take away from the peace and joy of just being alive and present. My peaceful practice, "**Just a Stone Throw Away**" is meant to help you process and let go of such things and focus on moving forwards.

Instructions:

First, I want you to gather a handful of stones. Go out in your yard, walk down the street, step into a nearby forest, channel the inner "hunter gatherer" roots ingrained in all of us from our distant ancestors, and find and collect 15-20 stones.

Now, I want you to find a source of water, a nearby pond, river, or stream. Get creative if you must, use a puddle after a recent storm, or fill a bucket with water. I want you to have a sense, a feel for the calming nature of water, as it is a key to this activity.

Next, grab one stone from your collection, and think about a thought, a worry, a memory, that has weighed on you today. Feel the weight of the stone in your hand, feel it getting heavier as you allow your negative thoughts to be absorbed by it. Take a moment to process why this thought has power in your life, and how letting go of it can help you to move forwards in peace.

Take the stone in your hand, and throw it into the water, acknowledging and accepting that with it, you are letting go of that thought or feeling that no longer serves you. Repeat this for as long as it takes, until you have processed and moved past any troubles that have been bothering you today.

"Pain is part of life. Suffering is an option." Tony Robbins

I encourage you to do this throughout your week, or as needed, as a way to help reinforce that it is ok and normal to feel, to worry, but it is also good to let things go in order to make way for peace and happiness.

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Modified Activity- If you would prefer something different than throwing a stone, you can try doing the same process, instead simply replacing the stone with a piece of paper. Write down a thought, worry, challenge, or memory that has weighed on you today. Follow the above steps and then crumble the paper up and throw it away!

I hope you have enjoyed this peaceful practice. Please check out related content at manwithaplan.org and check me out on youtube at @manwitaplan117.

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