

Remember Why You are Here with Asia Suler

Episode 75 Transcript

“Three Ways to Work with Local Stones”

(00:01):

We have these guardians of our souls, these local medicines, these beings wherever you are that actually want to help you make these microadjustments, help you align to your path again. Hello and welcome back to Remember Why You're Here, a podcast for seekers and sensitives where you can relax, receive, reconnect to yourself, and remember the most important thing of all, why you're here. I'm Asia Suler, author, Earth Intuitive, teacher. And in this episode today, I want to talk about one of my favorite and most prolific medicines on the whole planet.

(00:48):

And that medicine is stones. My journey into healing really began in a lot of ways with the plants, but at the same time in my late teens, early 20s that I was falling in love with the plants, I was also falling in love with stones. At the time I just was tickled to find a beautiful stone, to lay my body on giant boulders in the woods, to just be with the mineral realm. I did not know that stone medicine is actually a really ancient form of medicine.

(01:27):

The concept of stone medicine arises directly out of this bedrock belief of humanity that we call animism, this idea that everything on the planet is alive and animated by its own consciousness, its own sentience, and its own medicine. That's why I say everything is medicine and so are you because we carry medicine as well. And stones are some of the most ancient medicine beings on the planet. If you think about it, stones reach all the way back to the formation of our planet.

(02:00):

They are record keepers. They remember millions of years of history. And we know that stone medicine has actually been used for healing in many different cultures throughout time from ancient China and Egypt to the Greeks and the Celts all the way to the Roman and Central American empires and indigenous societies throughout Australia and North America. Stone medicine even stretches beyond homo sapiens in humanity itself. We know that we have found quartz crystals that were intentionally gathered all the way back to the ancestors that predate homo sapiens all the way back to the lower paleolithic.

(02:41):

We have been working with and drawn to stones for a long, long time. Stones and crystals are mentioned in many ancient religious and medical texts, including the Bible, the Hindu Vedas, the Quran, and the divine farmers from China. The oldest known written reference to stone medicine comes from hieroglyphic papyrus dating back to 2000 BC. In Chinese medicine in particular, stones are considered to be able to work on the deepest level of our being.

(03:12):

This level of our being that's called the Yuan that is characterized by our unconscious, our dreams. This is the place where symbols and instinct and divination lives. It's where ancestral patterns are. And this is really where our soul growth emanates. The yuan level will bring us into

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the deep, deep. It will bring us into past lives, karmic imbalances, the divine blueprint of our lifetime, and the fulfillment of our destiny. And so from a Chinese medicine's perspective, stones work, they go that deep.

(03:44):

And it's because if you think about this, stone medicine is ancient. It is deep. Stones reside the deepest places in the earth. They are permanent. They work on things that feel like they're fixed inside of us, that feel as solid as stone. They can go there. They can help us slowly orient to this place of spirit within us and help us create alchemy in our lives. I mean, truly stones are created by alchemical processes on the earth. And so stone medicine is something I love to turn to when I'm really working on subtle emotional spiritual levels.

(04:21):

And I've been thinking a lot about stone medicine recently as we are in this month right now of what I talked about in the intuitive reading as this month of micro adjustments so that we can really get ourselves aligned with our paths and the runway that is bringing us through the rest of this year really feels like there's an opportunity this month to just click in and align a little bit more with what our destiny really is. And so I've been working with stones a lot in my meditations and it just felt like the right time to revisit this recording from several years ago about how to work with local stones.

(05:09):

We've got a little bit of a bedrock here, a basis of understanding why stone medicine is actually so deep, so ancient and so effective at working on the deep layers of our being. And now I want to talk about how to actually work with the stones that are around you right now because oftentimes when we start getting into the realm of stone medicine in the stone world, we start feeling like we need to get the fanciest crystals from further away, the biggest crystals, whatever it is.

(05:40):

But actually so much medicine exists in the stones that already exist around you wherever you live, that are already there in your environment and the landscapes that you are moving through. And this feels really in alignment too with our reading for this month as the plant that came in through the cardpool this month was plantain. Plantain is ubiquitous. It's everywhere. It's just one of those plants you can find really in so many ecologies and climates.

(06:10):

And the reminder for this month with the intuitive reading was that the medicine is everywhere, that we have these guardians of our souls, these local medicines, these beings wherever you are that actually want to help you make these microadjustments, help you align to your path again. The same is true for the stones. And I wanted to revisit this recording so you know how to work with local stones in your environment as you continue to make these micro shifts and adjustments as you're in the thick of it this month and really aligning yourself naturally with the path that wants to bring you forward in life.

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(06:50):

So with that, let's go ahead and tune into three ways to work with local stones. Stone medicine is ancient and powerful. In the tradition of Chinese stone medicine that I was trained in, stones are thought to work on the deepest level of our being. Stones work on emotional, spiritual, and soulful levels of healing. If you want to experience healing on the deepest level of yourself, stones are the medicine to turn to. Local medicine is powerful.

(07:26):

When I was in herbal school and in my training, one of the things that I learned is that working with local medicine is actually so much more potent than working with medicine that you import from elsewhere. And the same is true for stones. Local medicine creates a direct relationship between you and that medicine, which makes the healing a thousand times more potent. Even though it may seem like the fancy crystals in the crystal shop are more exciting to work with, the reality is that even the humble stones around your home carry really profound medicine.

(08:00):

And the truth is local stones want to work with you. Humans and stones have a very ancient relationship so I promise you the stones in the landscape where you live are already calling out to you. The first tip is to do research to find out what stones are local to your area, what minerals figure prominently. You can do geological research, you can look up local field guides, but you're going to be surprised by how many minerals and how many different types of stones are going to be available in your local environment.

(08:37):

Things like quartz or feldspar, agate or mica are very common in the world. I have done a lot of rock hounding out in the world and I've been able to gather all kinds of stones just from walking around certain environments. Stones like garnets, cornelian, serpentine, aquamarine, clear quartz, pyrite, tourmaline. Get your hands on a local guide so you can at least know what to look for and really do some research to figure out how does this mineral appear?

(09:09):

Does it also appear in the matrix of other stones? And this can help you start to recognize that mineral when it appears in the stones around you. If you live near a beach, you can look up to find out what minerals the beach is made of. One of the most common stones that you find in sand is quartz. Quartz is everywhere on this earth and quartz is such a powerful and versatile stone to be working with. If you want to go rock hounding and find some local stones, some of the best times to do it are after a rain and to go in places where the water has flown.

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Riverbanks, storm runoff, anywhere where water has flowed and new earth has been exposed is a great place to find these stones. Now all of this said, even if you never learn the name of any minerals or stones in your environment, you can still work with stones. There are still stones there that want to work with you and you don't need to know what their common name is. All

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you need to know is that you're being called to be with them. How do you work with these local stones?

(10:11):

Well, one of the first things I always recommend to folks is just to have it on their body. Keep it in your pocket, put it under your pillow at night. The more you are in physical relationship to the stone, the more that medicine will be available to you. You can also place that stone on an altar, perhaps a special consecrated place in your home so that every time you see that stone, you're reminded of the work that you're doing with that stone and your local landscape.

(10:41):

If you've been able to identify the stone and the minerals that are within it and you know that those minerals are safe for ingestion, you can also make a stone elixir. And this is done by putting that stone in water overnight and drinking that water first thing in the morning. If you're not absolutely sure that that stone is safe for ingestion, then you can always make an energetic elixir by simply placing that stone nearby, a cup of water, perhaps on your altar or on your bedside table, and then just drinking that water first thing in the morning.

(11:16):

The next tip is to work with a really unexpected source of stone that is probably right around you right now, and that's gravel. Often we disregard gravel, right? It crunches underfoot and we don't even think about it, but gravel is often taken from the heart of mountains. This gravel, this stone is sacred. It's coming from the heart of the earth and it's around you everywhere. And I have found working with gravel can really bring a lot of healing to the planet because a lot of these practices of getting gravel is highly extractive and intrusive.

(11:52):

And so working with gravel in a reparative process creates so much healing for yourself and for the world. You also might notice that this gravel has different minerals in it. I often find where I live that the gravel contains quartz and mica. There's a lot of specialness to this gravel. And I often find that the gravel is so happy when we are working with it, recognizing it and honoring it for its medicine. Children also love being able to rock hound in the gravel.

(12:23):

If you learn about some minerals that might be in the gravel nearby you, you can go out with your children and see what you can find. You'll notice that kids don't draw boundaries between this is a special stone and this is an unspecial stone. Kids love all stones and they get really intrigued to pick through the gravel in your driveway and find special treasures. Your kids will also show you that the medicine is all around you. The third practice is to find a gatekeeper stone.

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A gatekeeper stone is a prominent stone in your environment. It could be a stone that was naturally occurring. It could also be a stone that was imported or brought from elsewhere, but see if you can find a stone in your local environment that seems to emanate power and energy. These gatekeeper stones are powerful places to leave offerings and to ask to be in communication with the unseen world. Often that gatekeeper stone literally works as a gatekeeper.

(13:24):

And so if you can approach that stone with honor and respect, often it will open up a line of communication and dialogue with the wider world and the landscape as a whole. I have a gatekeeper stone on the land where I live and I often call in that stone and connect to that stone before meditation, journey work, or channeling. And I find it really helps not only ground me, but open that field of perception to the unseen world. Because as I said at the beginning of this video, stones have the ability to take us to the soul level.

(13:56):

And so when we work with stones, we are inviting healing on this level of soul and spirit. If you do any of these practices, if you end up connecting with a local stone, I would love to hear about it. You could head over to my Substack. Remember Why You Are Here. I've been loving having conversations over there around these podcast episodes. It's been so rich. You can also leave me a voice message over at asiasuler.com/remember.

(14:28):

I really get the feeling this month that all the guardians, all the guides are showing up now, making themselves known in a stronger way so that we can really orient to the openings that are possible for us here, that we can stitch more of our soul to our existence here, to our bodies, that we can bring in that guidance from that wider place so we can really take the next steps in our life to open more fully to who we are, to open more fully to our gifts here on this planet. Thank you so much for being a part of this incredible ecosystem here on the podcast and on the Substack.

(15:16):

It really just feels like we are in this collective of medicine and I'm so grateful for the medicine that you are on this planet. I'm so grateful for all the guides that are showing up for us right now, including all of the guidance we've received through our dreams this month. That's why I created the Dream Remembrance Recipe over on the Substack. If you haven't checked that out yet, you can check that out there and tune into the dreams that are here to guide you because I have absolutely have stones.

(15:43):

Come talk to me in my dreams as well. Our dreams are one of the most direct lines we have into that Yuan level, that place where we can access our soul's wisdom and healing. Thank you for all the ways in which you are showing up in life. And may these guardians, may these guides, may these aha moments, readjustments and perspectives really help you remember that most important thing of all why you're here.