



The Stone of Story: a Visionary Journey

The visionary journey given here has been carefully constructed as a means of gaining initial access to the innerland matrix, and it is capable of expansion and development according to need. A considerable body of practical lore and teaching may be retrieved by performing it regularly.

Additionally, it is intended that the vision may serve as a model for those who wish to do further research into the area. To this end a set of elementary background and operational notes follow it.

The Vision

You become aware that you are standing on the edge of a deep wood. Before you, faintly outlined on the ground is a path, almost like a game trail. There is evidence of passage along this



path but not of a lot of traffic.

You move along the trail and enter the forest. Great trees of pine and fir tower around you, their branches interlocking high up to form a ceiling of evergreen. Beneath your feet, pine needles crackle as you walk. Here and there patches of sunlight penetrate the green ceiling, illuminating the trail before you.

About you, the forest is quiet, though not devoid of life. It is as though life in the forest was somehow subdued, lulled, lethargic, as if from many years of waiting — waiting for some important event. Faintly, you can hear a rhythmic sound like drums beating. The sound fades in and out as if carried from afar on the wings of a breeze. As you move deeper into the forest the sound of drumming disappears. At times, the faint trail disappears too, but whenever this occurs, as if on cue, you are guided back to the path by the flutter and song of a small sparrow — its enthusiastic antics an incongruity in this place.

At last, you glimpse a light in the midst of the woods and realize that the trail is meandering towards it. Suddenly you are at the edge of a great circular clearing in the woods, the brightness of the sunlit scene before you contrasts sharply with the twilight of the woods and it takes a few moments for your eyes to adjust.

The clearing is covered in short grass and is dotted here and there by bushes of wild roses. The path winds over a knoll at the centre of the clearing. At the top of the knoll stands a great flat-topped stone. This is the Stone of Story, a direct link into the centre of the mysteries of the land.

Following the path, you climb to the top of the knoll and approach the Stone. Placing both hands upon the surface of the Stone, open yourself to its mysteries.

Having received all that the Stone has to give upon this occasion, conclude by becoming momentarily aware of a latticework of lines of light radiating out from the Stone to cover the land like a great net.



Take your hands from the Stone and return back the way you came down the knoll, across the clearing and along the path through the forest until you reach the place from which the journey began.

Gradually return to mortal awareness and end the vision.

Notes:

This visionary practice is based on a Seneca tradition that tells of “Orphan” who sets off into a forest on a journey of initiation. In the course of his journey, Orphan comes upon a glade where there is a tall flat-topped stone. He sits on it to rest. This is no ordinary stone, however, and Orphan soon finds himself listening to wondrous stories about the Otherworld. (For a fuller account, cf. E. Ella Clark — *Indian Legends of Canada*, “The Origin of Stories”). Although based on a specific, localized tradition, the vision is universal and inclusive, being an activation and contact with the Innerland Matrix, which is trans-cultural.

The Forest expresses the Primal Elemental Reality. Its murky, lifeless atmosphere in this case signifies the numbing effects of the Rift on the land.

The Drums are a faint reminder of the influence of our territorial ancestors and their connection to the very “heartbeat” of the land.

The Sparrow: Birds are representative of the ability to move between various states of reality. In the legend, Orphan, is out hunting birds, in the vision, the bird takes on a more active role as guide along the path.

The Stone: Sacred Stones embodying sacred Presence, and acting as spiritual nodes or centres linking the human world with spiritual realms are universally distributed Magical Forms. It is important to note that when in contact with the Stone there is typically a brief “entrance examination”, often in the form of a question. This may range from a Grail reminiscent “What is the



Stone?”, to a simple “Shall I tell you stories?”

The Return: This is rather more than mere adherence to the now dated tradition that you must always return from a journey by retracing your steps. It has been found that certain important contacts and transformations tend to occur during the return through the forest.

