

## Reflection -Stones in Japanese Knottingbag



Reflection -Stones are 17 small semi-precious stones.  
8 rock crystals (quartz),  
8 hematite and 1 red Jasper.

You can use them to reflect on the way you think, speak and act.  
They are held in a black felt purse, for which the design is inspired by the Japanese knottingbag.



As inspiration here's a suggestion for practice:

The early Buddhists carried with them a purse with black and white stones. When they had a positive thought, said something kind about someone, gave another person a compliment or did a good deed, they would take a white stone out of the purse and put it in their pocket.

When they had a negative thought, an unkind word or were unfriendly towards another they took a black stone out of the purse and put it in their pocket.

At the end of the day, before going to bed, they would empty their pockets and count the white and black stones. Often there were more black stones than white ones.

The stones can help you become more aware of what you're thinking, saying and doing. Through this awareness, in time, the white stones in your pocket start to exceed the black ones.

The red stone is the colour of your heart, you can put the red stone in your pocket whenever you have a loving thought, word or deed for yourself or another.

