

A JOURNAL OF  
WHISPERS & SHADOWS  
THE FIRST  
STONE



A journey inward through symbol, story and stillness

*Erick Rook*

THE  
FIRST STONE



Zen Koan

A stone lies still, yet it shapes  
the river.

# BENEATH THE BRANCH

1. Step outside, find a tree...not the perfect tree, just your tree.
2. Face the trunk, placing your hands gently against its bark.



3. Close your eyes, and mentally ask your intention to the tree.
4. Allow your spirit to interconnect with the tree, by extending your intention into the core of the tree, deep within the root system.

# MIRROR POOL CLEARING

Let this be the space where the unseen becomes known.



## Example Reflection Prompts

What would it feel like to stand firm, like the tree, without needing the wind to answer?

What wisdom have I inherited...  
from my body, my lineage, or the earth...  
that I've yet to fully decipher?

# CLOSING THOUGHT



If my life were a forest trail right now,  
where would the moss feel softest  
underfoot?

# OPTIONAL TRAIL

(For those who feel a nudge they can't explain)

Walk a little further, off the guided trail.

Choose not the next question...  
but the space without one.



Find a place in nature that feels...  
watched but safe.

Sit. Wait. Listen  
Don't look for answers. Just presence.

*"Not every step leaves a sound"*