

## Directions for Making the Contemplation / Blessing Stones



Obtain some polished stones. I bought this bag at Lowes for \$4.95 but you can also find them at any Home Supply store and even at the dollar Store at times. I think they are polished stones used for small fountains.

Some of you might find natural sources for the stones. Look for smooth river rock. You can use light colored stones as well as dark or black stones. I am not sure how natural stone will work since I used the polished stone.



Brainstorm a list of words or short phrases that you think would be helpful to your clients and the situations they may be facing. I have attached a list of words. This is by far from exhaustive so add your own words.

Make a list of the words on your computer's word processing software using various fonts and sizes that are appropriate to fit on the rocks you have decided to use.



Purchase some artist tissue paper which is stronger than regular wrapping paper tissue. You can get this product rather cheaply through [DickBlick.com](http://DickBlick.com). Cut the tissue paper to 8 ½ by 11 inches, the size of a regular sheet of paper that will go through your computer printer.



You must glue the top edge of the tissue paper to a regular sheet of computer paper so it can be run through the printer.

Using a glue stick, run a thin strip on the top edge of the computer paper and then align the tissue paper with the top edge.

Press lightly to adhere the tissue paper.



Trim the top edge of the tissue paper so it is even with the underlying sheet. This will ensure that the tissue paper will not get caught in your printer.

Put the tissue paper through your printer so the words print on the tissue paper. Make sure you have the tissue paper facing the right direction (glued end first) when you put it in the printer.

I used the Fast Normal setting on the printer properties of my computer rather than Normal as it uses less ink and there is less bleeding of the black ink when you are adhering the words on to the stones.



Once the words have been printed onto the tissue gently tear the sheet away from the underlying paper. The words look best when glued to the stone if the tissue paper is TORN rather than cut around the words. The torn edges disappear more easily on the stone. Tearing out the words versus cutting takes extra time but is well worth it in the end.

Match the words to the available sized stones and glue the tissue paper words down on the stones with a matte or gloss product such as Modge Podge, or Liquitex acrylic medium (as shown). Use a soft brush and do not over wipe the tissue too much as it might have a tendency to break apart if the brush is rubbed over the tissue too vigorously.



On darker colored rocks you will have to paint a white section for the word to rest on. I used Gesso which is like primer paint and is used to coat surfaces before painting. Gesso readily available in small or large amounts at arts and crafts stores. A little will go a long way in this project.

Paint on the white gesso and let it dry before attaching the word with the Matt Medium.



As you can see there are different end results depending upon the size and color of the rock and the word or words you choose.