From our friend and cohort Wayne A Gilbert/poet and practitioner of metaphor medicine.

Go for a walk; find a rock. Take it home. After you are home, examine the rock carefully. Use all 5 senses. Feel it. Notice every detail. Turn it over and over in your hand. Rub it against your cheek, against your forearm, on the bottom of your feet. Smell it. Put it to your ear. If you can, taste it—or imagine how it would taste and feel in your mouth.

WRITE every single detail down. Just words and phrases. No sentences. Don’t worry about spelling.
Dip it in water and examine it again. How has it changed? Why?

WRITE down the additional details of the rock. Again, just use words and phrases—no sentences!

NOW WRITE:
• Now that you’re acquainted with your rock, give the rock a voice. Let it tell its history. Where/how did it originate? How did it come to be where you picked it up?
• Allow it to explain why it chose you. What could it possibly have to share w/you that might be interesting or valuable from its experience as a rock;
• Review all the details you made notes about above. Have the rock explain something especially interesting in the details you noted.
• What/how might the rock identify with you? You with it? Qualities, characteristics, or any of those details you noted.
• What “medicine” might the rock contain? What “healing powers” does your rock have?

After you’ve given your rock a voice, READ ALOUD WHAT YOUR ROCK SAID. Really! Go into the bathroom or the basement if you need to have privacy to read aloud.

NOW, if you want, from all that you’ve written, choose words, phrases, and some especially interesting or meaningful combination of words (avoid whole sentences if you can) and arrange them on another page in some poetic form (for instance, a list down the page).

NOTE: You don’t need to use punctuation or connecting words or any other of the usual prose devices.

NOW, READ YOUR POEM ALOUD. Call someone, zoom someone, or step into the next room and read it to them, but do not accept any “criticism!” just ask what they noticed and liked and what surprised them. If you are interested, email mo@theunsteadyhand.org and share what this experience has been like for you... we can start a collection on the website!