



## STONE BALANCING ART CLASS with Matthew Scott

Balancing Stones in curious ways is fast becoming a popular attraction at a variety of events. Demonstrations are more like performances and classes offer an insight into the meditative state achieved during the activity.

Classes usually take place in areas of natural beauty such as Coastal areas or National Parks where there are plenty of Stones on hand. Here, you can forget about the hustle and bustle of City Life and enjoy an afternoon of direct contact with the great outdoors.

The activity can last up to 3 hours and starts with a powerpoint presentation outlining the roots of the phenomena and the techniques involved. Following this we get hands on with the stones and start with some simple exercises to familiarise ourselves with the qualities of the stones we've chosen. Participants should wear boots or similar footwear with good grip. The classes include photo documentation of the works created. Water is provided but food should be brought by each individual if so desired. Also where possible, transport to and from the Class can be arranged. Unfortunately, due to the nature of the environment in which the classes take place, there is a clear access issue for individuals with reduced mobility. However, I aim to be as inclusive as possible, and if you so desire, and depending on numbers, I can adapt classes for alternative spaces such as patios or gardens, bringing with me a range of stones to work with.

Each class is tailored to suit any context from corporate activities, individual personal development, school outings, art groups etc. The experience of a Stone Balancing Class is beneficial for all. It is not necessary to start by balancing Stones on their points as I do. Although it is encouraged, each individual challenges themselves based on their own ability. The experience should be an easy going, therapeutic and creative way to promote balance in your life. In fact, the point of balance between the Stones is a metaphor for the point of concentration you develop in yourself as you balance the stones. There is a direct symbiosis between balance in yourself and the balance in the stones.

Essentially, Stone Balancing is the art of guiding a stone to a position where it can stand upright without falling over. It is about working within the limits and possibilities of the stone. But it's equally about working within the limits and possibilities of yourself. It's about accepting and being aware of the weight, centre of gravity and texture of the Stone. If you try to impose a point of balance without this awareness, your attempts are likely to be frustrated. We often try to impose ourselves on our environment in ways which are counter productive. Unwittingly, we try to balance things which can never be balanced. So, it is essential to surrender to the nature of the Stone in order to be able to truly "work" with it.

Surrender is a vital principle that enables and empowers us to attract the events, conditions, and circumstances we want to experience in life. Although the word often conjures up notions of weakness or giving up, true surrender is achieved by "allowing and accepting." It means letting go, allowing and surrendering in a mindful sense and detaching from expectation, the need to change things.



In the classes, we come to realise that it is best to be "in tune" with and accept the nature of our environment instead of trying to impose our expectations on it. When we surrender ourselves to the nature of our environment, we come to see our true place in it. By accepting the nature of the Stone, we get closer to the balance we aim for. And we must also accept the temporary nature of each moment.

So, why not put more balance in your own life by attending a Stone Balancing Art Class. You will be rewarded with a magical, meditative and mesmerising experience. **Tel: +34 620324895 [www.stonebalance.com](http://www.stonebalance.com)**