

# finding balance

When the odds seem stacked against you, this mindful craft project is a way to find peace.

**B**alancing rocks is an ancient practice stacked with meaning. In ancient Scotland, rock cairns were used to mark safe travel on hilly terrain, while Norse sailors used stacked rocks as navigational tools in treacherous water. In Japan, balanced stones were used to remember loved ones and as a mindful zen activity. One thing is universal: balancing rocks, blocks or stones on top of each other takes patience and focus. Stone-stacking in nature can impact wildlife such

as nesting birds, so why not try Tumi Ishi, a Japanese wooden-block stacking game that allows you to take up this mindful activity in your home or garden? Numerous studies have noted that painting and arts and crafts can help relieve stress and focus a restless mind.

These Tumi Ishi wooden blocks are stained with Resene Waterborne Woodsman wood stains and combine the best of both worlds, an arts and crafts project that's fun to play but relaxing to make too.

 Resene WB Woodsman Driftwood

 Resene WB Woodsman Warm Kwila

 Resene WB Woodsman Japanese Maple

 Resene WB Woodsman Riverstone

 Resene WB Woodsman Bark

## You will need:

- Wooden offcuts
- Handsaw
- Fine grit sandpaper
- Resene testpot brush
- Resene testpots – we used Resene Waterborne Woodsman in Resene Japanese Maple, Resene Warm Kwila, Resene Bark, Resene Driftwood and Resene Riverstone
- Clean rag

**Step 1:** Cut your scrap wood into blocks of varying sizes. Use a handsaw to cut through each piece at different angles.

**Step 2:** Using fine grit sandpaper, sand the wood until it's smooth. Remove all sandpaper dust with a damp cloth.

**Step 3:** Using a Resene testpot brush, apply a coat of Resene Waterborne Woodsman in the colour of your choice. Allow the stain to soak into the wood for three minutes, and then use a rag to rub off any excess stain. Allow to dry completely, and then apply a second coat if required.

These wooden balancing rocks (Tumi Ishi) are stained in Resene Waterborne Woodsman in Resene Japanese Maple, Resene Warm Kwila, Resene Bark, Resene Driftwood and Resene Riverstone. Use Tumi Ishi as a mindful activity or play them as a game – the person with the highest stack wins. An international study from the Institute of Psychology at the University of Lausanne found that blues, greens and turquoise were colours that study participants associated with contentment and relief, making the wall colour Resene Welcome an apt choice for a wellness space. Tabletop painted in Resene Streetwise.

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 Resene Welcome

 Resene Streetwise

