



Cairn: A Prayer in Stone

A cairn is a small tower of stones,
balanced by human hands under open sky.
It stands quiet on windswept ridges,
at forest edges, by rivers that remember.
A marker. A message. A moment.

Each stone is a prayer:
a wish carried on the breath of the mountain,
a thank-you whispered into the earth,
a memory shaped by the hand of grief,
a wordless offering to what cannot be seen.

To build a cairn is to say:
“I was here in this stillness.”
“I remember what was lost.”
“I ask for a way forward.”
“I leave this as respect.”

Wherever they are, they belong—
connecting earth and sky,
past and present,
the living and the spirit world.

So when you see a cairn, pause.
Let your heart speak.
And let the silence answer.

PRACTICE:

Go to the Prayer Garden and pray
at the Cairn. Simply connect with
earth and heaven. Offer your wish,
your thank-you, or your memory.
When you return home, build your
personal cairn.