

We have the power within us to bless our world – if we but acknowledge that power, and accept it, and are willing to use it. What we focus on expands. If we focus on the hurts, the fears and the limitations we perceive we are experiencing, then they increase in our experience. When we focus on the Truth, the God potential within us, then that is what increases. The White Stone Ceremony is a way to allow the Spirit of God within us to reveal a higher truth to us, a way to reveal a part of our true nature, so we can focus on it and allow it to expand and to bless our world.

This ceremony is inspired from a passage from the book of Revelation chapter 2:17 *Let anyone who has an ear listen to what the Spirit is saying to the churches. To everyone who conquers I will give some of the hidden manna, and I will give a **white stone**, and on the white stone is written a **new name** that no one knows except the one who receives it.*

Let's look metaphysically at the promise that God gives in this scripture passage. The first line says, *Let anyone who has an ear listen to what the Spirit is saying to the churches.* This *ear* is that of the Spirit within us, which hears *the still small voice* as it whispers to us. We can develop this inner listening quality through prayer and meditation and focusing our attention on our hearts. The *churches* refers to each of us as we turn our thoughts toward God. So the first part of the verse tells us to develop the ear of the Spirit so that we can sit in the silence of meditation, and listen to God.

The second line reads, *To everyone who conquers I will give some of the hidden manna.* In other words, as we overcome challenges with our faith, and are able to look beyond appearances and seek to be receptive to the highest and the best, God will give us all that we need to live and be prosperous. This type of conquering involves surrender to the Spirit within. Only in surrender is there victory as we let go and let God be God in us.

As we partake of the *manna*, or spiritual food, we become nourished. The spiritual energy that we derive from this manna gives us what we need in order to reach a higher, more purified state of consciousness, symbolized by the whiteness of our stone. When we surrender to Spirit, God's promise is fulfilled. We are given hidden manna, an entirely new source of energy and nourishment, which is not visible to the world.

The third line says, *And I will give a **white stone**, and on the white stone is written a **new name** that no one knows except the one who receives it.* In Jesus's day, when someone was in bondage of any kind, they were given a white stone when they were released. A new name - given to them directly by God - was written on the white stone. No one else was aware of this new name, which represented their freedom from bondage, and gave them a new sense of themselves and of their lives.

Today in meditation you received a new name. Your new name represents a new spiritual identity for you. This new name is given to you to help you realize what the presence of God within you desires for you. You have a new name...go forth and be that which Spirit has claimed you to be.

Affirmation: I am expressing God's unlimited possibilities and potential right now!