



The Global Center for Spiritual Awakening

Helping you master the art of living by walking the spiritual path on positive, practical, prosperous feet

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1405 Autumn Ridge Drive, Durham, NC 27712

Our Greater Good is just a 'Stone's Throw Away'

Stones Symbology

Dating as far back as the Stone Age (no pun intended) and indigenous cultures, the healing properties stones and gemstones represent have been recognized for thousands of years. They symbolize strength, stability, endurance and resilience, longevity and durability, personal power, patience, standing on our principles, and permanence due to their solid and enduring nature. Stones are believed to symbolize spiritual and healing properties; they represent wisdom, mindfulness, rationality, intelligence, and foresight in rituals; and are used as amulets, charms, and talismans.



Stones as a Metaphor

Many cultures and religions use stone to symbolize the divine. Think about the qualities of stones – and how they serve as a metaphor of our Higher Nature. For example, stones

- are a material of integrity;
- patiently bear heavy loads;
- are well- grounded;
- offer protection;
- and their sturdy make up allows them to weather storms well.

Another metaphor analogy:

- Because of their sturdy nature, their essence is of permanence and perseverance, even if we must climb over obstacles, the journey of overcoming struggles, of testing ourselves, helps us recognize that once over a challenge – even huge challenges - we realize the hard work of a climb gave us strength to achieve our goals.

The Power of Gemstones

Gemstones remind us of the Power we have within us. When set in jewelry, gemstones are worn close to the body, reinforcing our commitment to heal; boost our energy; clean our space; attract wealth; enhance our intuition; increase mental abilities; boost our confidence; bring abundance; or even attract love. Here are some specific qualities attributed to various gemstones:





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Rock/Stone	Symbolism	Spiritual Meaning
Quartz	Purity, Healing	Enhances spiritual growth, awareness, and clarity of thought
Amethyst	Protection, Intuition	Enhances inner peace, healing, and balance; relieves stress.
Citrine	Success, Abundance	Boosts self-esteem, prosperity, and positivity.
Obsidian	Truth, Protection	Helps with grounding, protection, and healing emotional trauma. Obsidian is volcanic glass.
Rose Quartz	Love, Harmony	Promotes love, self-love, and emotional healing.
Jade	Luck, Prosperity	Brings wealth, good fortune, and emotional balance.
Lapis Lazuli	Wisdom, Truth	Encourages self-awareness, truth, and wisdom.
Turquoise	Communication, Protection	Provides protection, and healing, and promotes honest communication.
Red Jasper	Vitality, Grounding	Encourages strength, endurance, and a strong connection to the earth.
Black Tourmaline	Protection, Grounding	Repels negative energies, and protects from harmful environmental influences.
Carnelian	Courage, Motivation	Stimulates ambition, drive, and confidence.
Moonstone	Intuition, Feminine Energy, Renewal	Enhances intuition, promotes inspiration, and benefits personal growth.
Crystals	Mystical psi abilities	Clairvoyance, precognition, remote viewing, etc.
White Rocks	Purity and Cleansing	Purification, New beginnings, Truth, Clarity, Illumination, Hope, Guidance.
Aquamarine	Emotional Balance, Vision	Balances emotions and strengthens personal power; see the 'truth' of a situation.



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Garnet	Commitment, Relationships; Enlightenment	Encourages personal relationships; relieves depression and strengthens joy.
Onyx	Protection	Shields the mind and body from negative energy; relieves/releases negative emotions.
Tanzanite	Compassion; Truth	Helps with speaking Truth from the heart, translating emotions into words; increases compassion.
Topaz	Manifesting; Psychic abilities	Helps you manifest what you focus on; connecting with life path; magnifies psychic abilities.
Tiger Eye	Calmness; Centered	Helps maintain balance & harmony despite ups and downs of life; manage polarities.
Sapphire	Manifestation; Wealth	Strengthens willpower; helps overcome fear and doubt, build wealth, and create success.
Zircon	Energy; Grounding	Stimulates the energy of every chakra; grounds imagination into practical applications.
Diamond	Personal Power; Purpose	Guides you to step into your true power and fulfill your spiritual purpose; encourage you to see, seek, and radiate the Light within you.
Emerald	Compassion; Abundance	Helps you stay centered in your heart's wisdom; make choices from compassion; receive the flow of abundance.
Pearl	Nurturing; Healing	Enhance healing; encourage a nurturing essence with others.
Ruby	Courage; Life Force	Activates confidence, determination, and adventure; develops courage to face your fears; willingness to try new things.
Peridot	Positivity, Abundance, Creation	Brings blessings and abundance; aligns you with your true purpose and joy; helps you release past hardships.
Opal	Release Attachments	Releases attachments, wounds, and negative patterns; amplifies emotions.



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Stones and Chakras

In spiritual practices, stones are intricately connected with the body's chakras. Each chakra corresponds to specific stones, and possesses certain properties that impact and enhance our growth and evolution. This energetic connection highlights the role of stones in spiritual healing and alignment.



Root Chakra: Red Jasper or Garnet

Red Jasper or Garnet are both associated with the **root chakra**, located at the base of the spine. These stones are believed to enhance stability and a sense of safety, providing grounding energy.

Sacral Chakra: Carnelian

For the **sacral chakra** in the lower abdomen, **Carnelian** is the corresponding stone. This vibrant orange stone stimulates creativity, passion, and joy, resonating with the chakra's energy.

Solar Plexus Chakra: Citrine or Topaz

Citrine or Topaz, yellow gems, are linked with the **solar plexus chakra** in the upper abdomen. These stones boost self-confidence, protection, and personal power, aligning with the chakra's attributes.

Heart Chakra: Emerald

The **heart chakra** at the chest center connects with **Emerald**. Known for attracting love and harmony, this green stone resonates with the heart chakra's energy of love.

Throat Chakra: Turquoise

Turquoise, a light blue stone, enhances communication, clarity, self-expression and truthfulness. It is associated with the **throat chakra**.

Third Eye (Brow) Chakra: Lapis Lazuli

Lapis Lazuli, an indigo blue stone, strengthens Spiritual Awareness, psychic abilities, intuition, and Inner wisdom. This is associated with the Third Eye, located between the eyes and slightly above them.

Crown Chakra: Amethyst

The crown chakra at the head's top connects with **Amethyst**, a violet stone which promotes enlightenment, cosmic connection, and Universal energy, resonating with the highest chakra's energy.



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The White Stone Celebration

(Preparation: Choose a white stone. You can purchase smooth white stones at any crafts store. You could also find a white stone in a stream or river bed. Hold your chosen stone in your hand as you read through this article and experience the White Stone Ceremony.)

The freedom and independence you want is no more than a stone's throw away. As a matter of spiritual fact, your greater good is never more than a stone's throw away! It's closer than the objects which appear in your rearview mirror. It's as close as your next breath. It's as close as your next thought, intention, or choice. It's as close as the stone you are holding.

Take a good look at your stone ... because what you are about to discover in this brief celebration ritual can change your life.

The white stone itself symbolizes purity, clarity, and new beginnings. It represents a blank canvas upon which we will be writing the Guiding Word or Phrase to help us achieve our intentions and desires for the year. It is a recognition that you are an individualized expression of the Ultimate Reality that is the Ground of All Beingness – and your human nature is aligned with your Higher, Sublime Nature.

The white stone “word” or “phrase” represents a specific focus that will inspire you, keep you focused, and move you to action this year. No one else can have that same ‘Sublime Genealogy’ – the same Soul Signature!

In a few moments, we will be going into a time of meditation, opening ourselves to receiving the Guiding Word or Phrase for this year. This word or phrase will hold a special meaning for you, and can be seen as a spiritual compass, guiding you towards your highest potential and purpose.

Take a good look at the stone you are holding ... because what you are about to discover in this brief ritual can change your life. As we've already mentioned, it represents your awareness of your innate Divinity. If you're willing to claim your oneness with One Reality, the Ground of All Beingness, repeat this affirmation:

I am the Individualized Life Force of the Ultimate Reality actualizing in human form as me!

As we prepare for our White Stone Celebration Ritual, keep in mind that: Your word or short phrase can be a noun like: peace, happiness, compassion, or joy. Or it can be an adjective like: compassionate, loving, joyful, or forgiving. It might emerge as one of the 13 Powers, or one of the Seven Core Abilities of The Extraordinary You. It could even be a verb, like laugh, sing, release, or stretch. Or it can be a phrase, combining noun, adjective, and /or verb like: loving kindness, or become a compassionate healer.



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The point is, there is no wrong way to receive your White Stone Guidance. Initially, you may think of several possibilities, and you may feel a bit confused. Don't be alarmed or frustrated. Simply smile, and focus on breathing – slowly and gently. Allow your mind to release all the options you are trying to create, and just be still. See what floats into your awareness and stays there, urging you to take notice. Without judgment, allow your white stone Guidance to be heard.

The White Stone Ritual

Record the instructions below so you can listen to your own voice guiding you through this sacred ritual, or have someone read them to you. You may want to have soft meditative music playing in the background.

1. Close your eyes. Hold the white stone in the palm of your left hand and place your right hand over it. Take a slow, deep breath and exhale just as slowly. Become aware that you are expectantly awaiting your White Stone Guidance, sharing with you the nature of your spiritual focus and growth for this year. Ask yourself quietly, **“What is the WORD or PHRASE that will inspire me, keep me focused, aligned with my Higher Nature, and move me to action this year?”**
2. Take a slow, deep breath again and exhale just as slowly. Become aware of what word or short phrase comes into your awareness. Don't force your Spiritual Touchstone to appear. Just allow it to surface from your depths. Remain open to whatever comes to you through your inner awareness ... from your Higher Self.

[Pause to allow reflection time]

3. Whatever word or phrase you decide is the right one! It represents how you intend to express your highest Divine Essence. You may choose to change it later, depending on the guidance you receive from the still small voice of your Higher Self.
4. When you're ready, take another deep, cleansing breath, and open your eyes.
5. Write your White Stone Guidance word or phrase on your white stone with a marker, if you're sure at a deep level of knowing that it is the highest quality of your Spiritual Essence. If you need more time, keep the stone with you and write your word or phrase on your stone as soon as you know for certain that it is the right word or phrase for you.

Reflect on the White Stone Guidance that came to you and on the significance of the whole white stone celebration ritual. Place your stone in a prominent location so you'll remind yourself of your Extraordinary Divine Nature. This is your Spiritual Touchstone!



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How to Reinforce the Power of Your White Stone Guidance Throughout the Year

To make the white stone and the word/phrase received meaningful throughout the year, there are several activities that can be done. Here are a few suggestions:



- **Meditation and Reflection:** Take time each day to sit in quiet contemplation with your white stone. Reflect on the word or phrase you received and how it relates to your life. Allow it to guide your thoughts and actions. Consider what gemstones might help you reinforce your continuing focus throughout the year.
- **Journaling:** Keep a journal dedicated to your white stone and the word/phrase. Write down any insights, experiences, or synchronicities that occur throughout the year. This will help you deepen your connection with the symbolism and meaning behind the white stone. A few prompts to help you: How has this word/phrase shown up today? What actions did I take today that exemplified this White Stone Guidance? What does the next level of this word/phrase look like for me?
- **Visualization and Affirmations:** Use the white stone as a visual aid during visualization exercises. Envision yourself embodying the qualities and intentions represented by the word/phrase. Repeat affirmations related to your intentions to reinforce their presence in your life. An example of a White Stone Guidance Affirmation is: I continue to embody the essence of (your word/phrase) and nurture it with my thoughts, words, and actions.
- **Creative Expression:** Incorporate your white stone and the word/phrase into your creative endeavors. Paint, draw, or sculpt representations of your intentions. Create a vision board or collage that visually represents your aspirations. Write a song or some poetry incorporating your White Stone Guidance.
- **Community Connection:** Share your experiences and insights with others who have participated in the White Stone ritual. Attend group gatherings or workshops where you can discuss and explore the meaning of your white stone and word/phrase together. You might even want to connect with “White Stone Buddy” and commit to sharing together on a regular basis to talk about how you are using the White Stone Guidance.