



322 I Am Free I Am Unlimited

221 It's A Special Day

I Am

Is there anyone who did not receive a white tile and marker?

During the Burning Bowl Ceremony we've had the experience of releasing that which no longer serves us, and now we will celebrate the White Stone Ceremony.

In Unity we use the White Stone Ceremony to indicate our freedom from the past, and as an opportunity to claim the new name, given by our Higher Self, which is symbolic of an inspired focus for the upcoming year.

Historically, during the time of the Roman Empire, when you were released from prison, you were given a white stone. We read in Revelation 2:17: "Let anyone who has an ear listen to what the Spirit is saying to the churches. To everyone who overcomes, 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."

You were to carry that stone with you everywhere you went. Everybody knew that if you had the white stone with you, not only were you free, but you had a clean slate. You were able to begin anew. Also, carrying the stone gave you all the benefits of being a Roman citizen, including protection by the Roman army, which was no small thing. Charles Fillmore, Unity co-founder says in this passage the white stone is Faith, the rock of Peter upon which the church is built. He said, "Our consciousness is established in faith in God—a rock foundation, a sure everlasting place." We use the White Stone to symbolize that we can leave behind whatever personal prison we may have created for ourselves. This ceremony is an opportunity to start the New Year fresh, with no unnecessary personal baggage.

This is the day when we set our intentions for the rest of the year. This isn't about resolutions, because in the White Stone Ceremony, we don't make a list. Usually, we come up with one or two words which represent the changes we wish to make or what we want to see expressing in our experience.

In this opportunity today, we are allowing Spirit to give us a new name, a new thought, a new idea, a symbol, perhaps a theme, for this coming year. We can reshape our lives by what we call ourselves. So I invite you to consider the following questions:

Am I willing to listen to my inner guidance that will give me some information, a theme, a name, an idea that will forward my evolution of consciousness in the coming year?

**Pause**

Am I willing to allow myself to experience new possibilities and new freedom?

**Pause**

Am I willing to acknowledge that this is the year that the deepest yearnings of my heart really can manifest, and that I am really worthy and deserving of God's richest blessings?

**Pause**

Now, let's meditate together. Place anything you are holding aside. Place your feet on the floor, sit tall, and relax. If you are comfortable, close your eyes, and let's take two deep breaths together. (breathe) Relax, and continue to breathe deeply.

- Affirm to yourself that you are made in the image of God, and that God intends for you only good.
- Affirm to yourself, gently, "I am free. I am unlimited. I am open to the possibilities that Spirit lays before me, and I face any challenges with enthusiasm and faith, knowing that I move forward on the path that God intended for me.
- I allow myself to release any fears and limitations that have previously held me prisoner. I release any negative beliefs about how to live my life and what I am capable of."

**Pause**

Imagine yourself stepping out of a prison.

### **Pause**

You are now filled with light, joy, and enthusiasm. Feel that you are now free to express your Highest Self, and live your Highest Good.

### **Pause**

- Imagine your White Stone, and know that Spirit is now going to give you your new name for the coming year.
- Give your ego a few minutes off, and let that Divine Holy self in you come through.
- Let yourself relax, and let the name gently come to you—the name that affirms your highest intention, and all that you are meant to be, and express in the coming year.

### **Pause in the silence**

When you are ready, open your eyes.

### **Pause**

I invite you now to pick up that stone and hold it in your hand.

### **Pause**

- This stone represents a clean slate, a fresh beginning, no matter what last year was like.
- God's love is like that.
- Revelations 21:5 says: "Behold I make all things new." When you are ready, write your word, your new name on your white stone.

### **Pause for the writing**

Put the stone where you will see it every day, or carry it in your pocket. You might write the date on the back of your stone, and keep it on your personal altar to see your growth over the year.

Blessings and joy to you as you move forward with your new name into a life of enthusiasm and love.