

THE WHITE STONE

Taken from a book by Charles Handy – The Hungry Spirit

In times of change improving our quality, will ensure greater success in our personal lives.

We do however need to discover ourselves to be able to utilise all our potential. We often have to jump into a situation in order to discover what we don't know.

“I do, therefore I am” has to replace the saying: “I think, therefore I am.”

“It is our duty to get a life.” Life is a chance to make the best of ourselves.

But the journey towards self-knowledge is a long and tough one.

Charles Handy in his book “The Hungry Spirit” relates a story about a young man, Luke, talking to his father when he was feeling particularly low and depressed . He was told: “When you get to heaven one day, you will meet the man you might have been.”

(You don't have to believe in a literal heaven to get the point). What we have achieved in this life has to be the best we can be.

A verse in the Book of Revelations in the Bible, goes like this: To the one who prevails, the spirit says: “I will give a white stone ... on which is written a name which shall be known only to the one who receives it.” Luke has a large white stone on his desk which he keeps as a paper weight. It is a reminder to him to be the man he ought to be, that is there to remind him of utilising all his potential.

Life is a search for the white stone. It will be different for each one of us. It means passing life's test until you are free to be yourself which is when you will get your white stone.

James Hillman talks of there being an acorn in each of us which contains the seed of our destiny.

The Greeks spoke of daemon.

The Romans of genius.

The white stone suggests that we each have to find our own white stone.

We have to take the initiative – to lie back and hope that our soul will lead us to utopia is not an option. “ I will eventually find out who I truly ought to be, the other hidden self”.

Stephen Covey talks about the circle of concern and the circle of influence.

Something is preventing us from finding our true selves or from revealing our full potential.

You have to push from the inside to counter the rocks in your path.

Julia Cameron in her book “The Vein of Gold” talks about a vein of pure gold inside each of us. We have to dig to discover our true purpose.

Having read and absorbed all these writings I took a stroll on the beach at Arniston in the Cape in South Africa.

I found a small, beautiful white stone which I now use as a reminder to myself to be the best I can. I refer here to being the best husband, dad, psychologist and management consultant I can be. Because I travel so much I carry the stone in my pocket. Every night when I empty my pockets I can assess the value I have added during the course of the day.

Often if I have an important project to complete I put my “stone” on this pile of work as a reminder of what needs to be done before I carry on with another project or go and play some golf or watch a rugby match.

In 2001 I went to Anaheim in the USA and gave a talk on “Balance in the New Millennium”. I told the 450 delegates at the conference from ± 27 countries about my story. I have received dozens of “stones” from all over the world from people who have benefited from using the “white stone” idea to live out their true potential. I have even received a piece of pertified wood from Yellow Wood Park in the USA

Sometimes I get kids that are not doing well at school due to the fact that they don’t study effectively and are prone to procrastinating or putting off their studies. I encourage each one of them to find a “white stone” to use as their “study reminder”. We have achieved remarkable results.

When ever I go for a walk – in the Berg, at the beach, in town I am always on the look out for stones that remind me of the joy of being alive and being what I am destined to be.

Do you have any examples you could share with me? I would love to hear from you.

What about Touch stones? Have you any experiences regarding them?

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