



## **The Warmstone**

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There was a story from the library of Alexandria called “The Warmstone.”

The Warmstone was a small pebble that could turn any common metal into pure gold. It was lying among thousands and thousands of other pebbles that looked exactly like it. The secret was this: The real stone would feel warm, while ordinary pebbles are cold.

So one day a man sold his belongings, bought some simple supplies, camped along the seashore, and began testing pebbles.

He knew that if he picked up ordinary pebbles and threw them down again because they were cold, he might pick up the same pebble hundreds of times. So, when he felt one that was cold, he threw it into the sea. He spent a whole day doing this but none of them was the Warmstone. Yet he went on and on this way. Pick up a pebble. Cold - throw it into the sea. Pick up another. Cold - throw it into the sea.

The days stretched into weeks and the weeks into months. One day, however, about mid-afternoon, he picked up a pebble and it was warm! As fast as a reflex, he threw it into the sea before he realized what he had done. He threw away the Warmstone. He had formed such a strong habit of disposing each pebble, that when the one he wanted so badly came along, he still threw it away. How sad!

This is actually what happens to us as people. We are willing to make the sacrifices to get what we want and need. We are looking for our Warmstone, our life’s treasure that will hopefully sustain our happiness and existence. However, because of past failures and the need to be persistent in our endeavors, we develop the destructive habit of discarding the good in our life. We develop the practice of not believing in the riches we have in our life, in our very hands. Not all the time, but at the most critical times.

So the question is, what your “Warmstone.” What is the thing that you are willing to sacrifice for and pursue, that will in essence make you a better individual? Furthermore, how do we hold on to our Warmstone?



It is my firm belief that it takes a great deal of courage to dedicate oneself to pursuing a Warmstone. In my experience, I have seen that there are four key ingredients to finding and holding on to it.

The first is passion. If we do not have a passion, something that drives our secret person of the heart, we are no different than a kite in the wind without a stringed anchor. I continue to encourage people to realize that it's not what your vision is; it's what your vision does.

The second element is preparation. The world that we live in is full of people with great ideas and astounding plans. But they never rise up to prepare to act on those ideas and plans. They are no different from a restaurant that has a beautiful dining room and tantalizing menus, but no kitchen. The overnight sensation is reserved for the movies!

The third factor is persistence. It's said that steady drops of water, with no real force can drill a hole in the densest of rocks. Why? Persistence, an even, unvarying, regular presence will make the difference. We do not have to be the smartest, fastest or most unique, just keep up a steady flow of effort, and keep showing up.

The fourth is patience. Subjecting yourself to a resolve that everyone reaps what they sow keeps us honest, humble and hungry enough to do "it" better the next day, the next game, the next book, the next time we have an opportunity to do what we love.

The fifth and final component is pruning. In the story of the Warmstone, the man had to throw away the cold stones. It was not an emotion task; it was just part of the process. So in the same vein, we have to cultivate the ability to throw away the cold stones in your life. The individuals who do not see it for you. The habits that keep us away from what is most important. The negative thoughts that cripple our initiative to be great.

The Warmstone in our life is a direct result of passion, preparation, persistence, patience and pruning. However, unless we are vigilant in our hunt, it's easy to fail to recognize an opportunity when it is in hand and it's just as easy to throw it away.

What's Your "Warmstone"?