

Naomi Crain Life Coaching

Easter Weekend Challenge

What will you surrender to the grave
to be recycled, re-sprouted or resurrected by the Divine?

EasterMonday

Today we sum up what we've come to understand about our lives, over the past three days.

We plan and set ourselves up for success as we move into life with something things left in the grave, some left to re-sprout and some having been resurrected.

So sit, get quiet, and reflect on these questions.

1. What are you feeling called to leave in the grave? What are your emotional and physical responses to this calling, for each item?

2. Were there themes amongst the things you're called to leave in the grave? (for me, it was the negativity that was the real thing to leave in the grave.)

3. What actions are required to really leave these things in the grave?

Easter Weekend Challenge - Easter Saturday

SO WHAT NOW? - Moving on within our Divine revaluation.

4. What are you feeling called to resurrect? What emotions does this raise? What physical sensations?

5. Were there themes amongst the things you're called to resurrect? (for me, it was clear that all the things the Divine wanted to keep in my life were things which can bring me pleasure and joy. This was the overarching theme: that which makes life enjoyable - pursue. That which detracts from enjoyment - discard).

6. What actions are required to really follow the Divine calling on your life, guided by what was called to resurrect and remain in your life? (for me, it's learning to really be present to the enjoyment and pleasure that's given to me and to avoid things that are the opposite).

Easter Weekend Challenge - Good Friday

SO WHAT NOW? - Moving on within our Divine revelation.

7. What are you feeling called to leave in the ground and let re-sprout? What emotions does this raise in you and what physical sensations?

8. Were there themes amongst the things you're called to let re-sprout? (for me, for me, many items in this category were things I loved and could deeply enjoy, but I was tired or worn out from trying to do too much, keep too many commitments around them or I was feeling duty-bound or compelled to engage in certain ways that didn't make me happy).

9. What actions are required to really follow the Divine calling by leaving these in the ground? (for me, this required some practical steps to cease doing certain activities, to say no to things, to be more realistic about what I can achieve and to actively walk away from somethings - not always easy but freeing, definitely).

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