

Naomi Crain Life Coaching

Easter Weekend Challenge

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

Easter Saturday

In the traditional Easter story, we don't hear a great deal about Saturday. What we do know is that those who had thought Jesus was their saviour were feeling scared, lost and wondering "what the hell just happened....how did it go so wrong?". It forced them into a quiet place of questioning what they had clung to, what they had believed was going to save them and what they could not live without.

In this Easter Weekend Challenge, Saturday is the day for careful, watchful presence in your life. Having listed everything of significance in your life, and laying into the grave yesterday, today we are called to be conscious, as we encounter, engage, use, think about and live out all that was on our list, of those things being "in the grave".

We're going to become really aware of what we think we 'need' and why. What really motivates us? What are we saving ourselves from? What are we expecting, from ourselves, life and others?

This morning I woke up, and was consciously grateful for my bed, I acknowledged the comfort, the warmth, the restfulness, the support. These are the things my bed means to me. Am I willing to let them go, if they are not in my best interest - I felt my heart cling to those things. I became aware of how much I value the rest and sleep I receive here. It feels healthy. It feels necessary. I am assuming my bed SAVES me from exhaustion, ill health and insecurity!

Next, I said a mantra prayer, that helps me continue the surrender of this belief about what saves me:

I ask that I not be fooled into trusting a saviour of my own making. Show me truly what I need, and what must be let go, in order to live for the highest good of myself and the world.

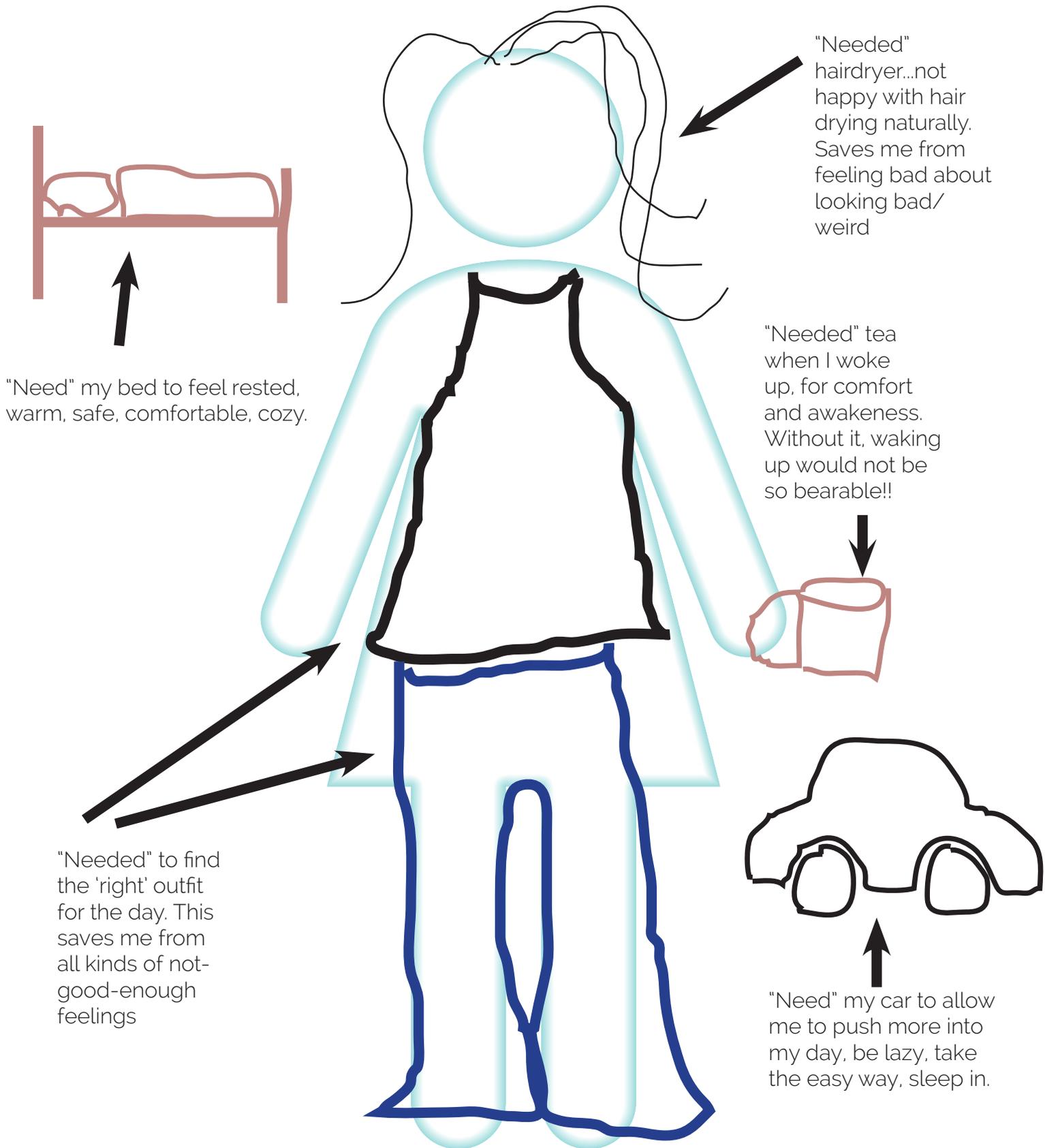
This is a gentle, mindful practice, one that should not always be comfortable, but then not too taxing either. It's a pondering all you've learned and accepted, all the assumptions and emotions we accept without question. We must spend a peaceful, conscious day becoming aware of all that we have hold, whether pure or impure, healthy or unhealthy, good or bad.

On the following pages are several blank pictures of "you". As you consciously become aware of your feelings, thoughts and beliefs around the things in your life, represent them, whether positive or negative, on the pages. I have done my first one for you to see. I'll be posting pics of mine, through the day, on my blog page here:

<http://www.naomicraincoaching.com/learn-to-love-living---articles-and-essays/easter-weekend-challenge>

Easter Weekend Challenge - Easter Saturday

A PICTURE OF THE THINGS I "NEED" - Naomi's Example

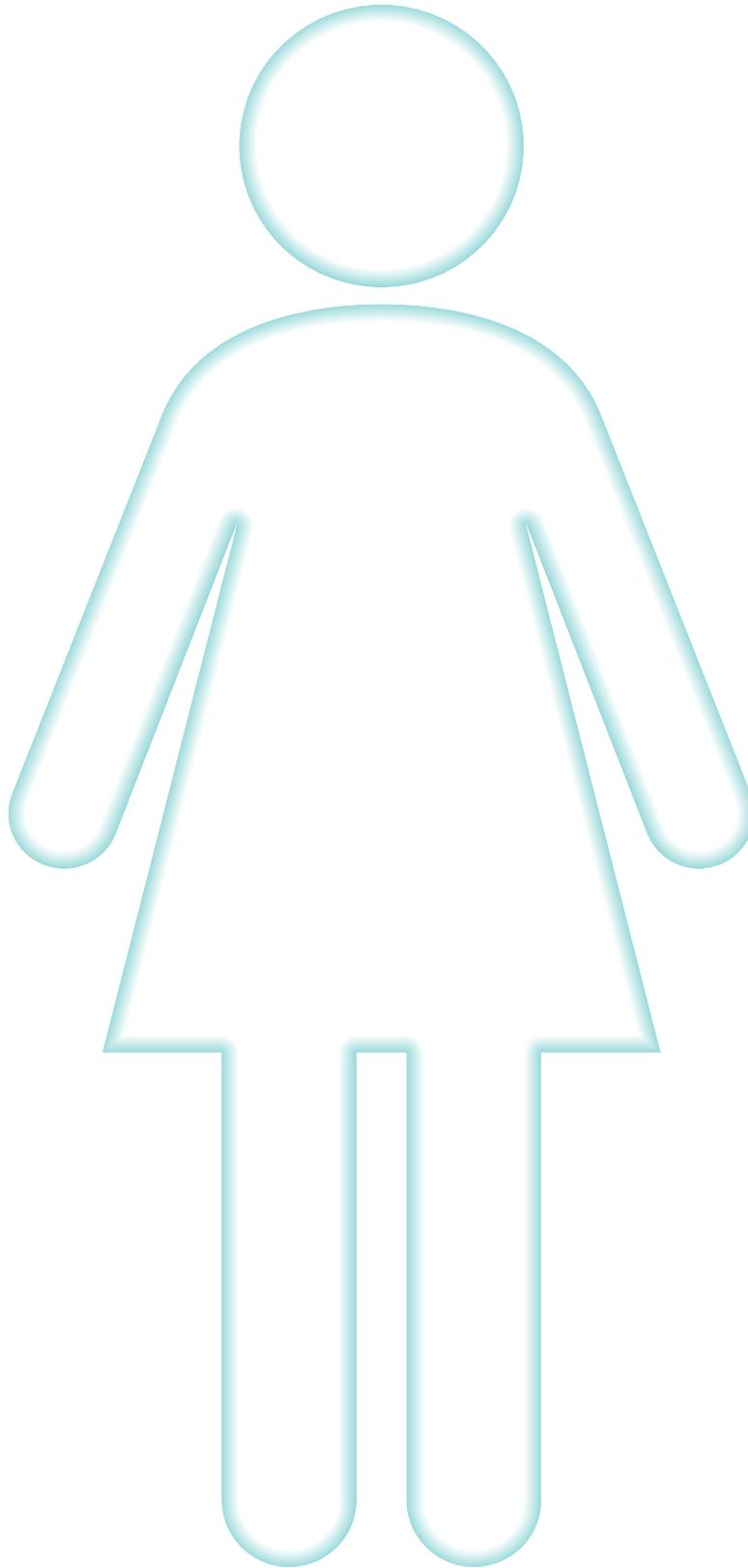


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Easter Weekend Challenge - Good Friday

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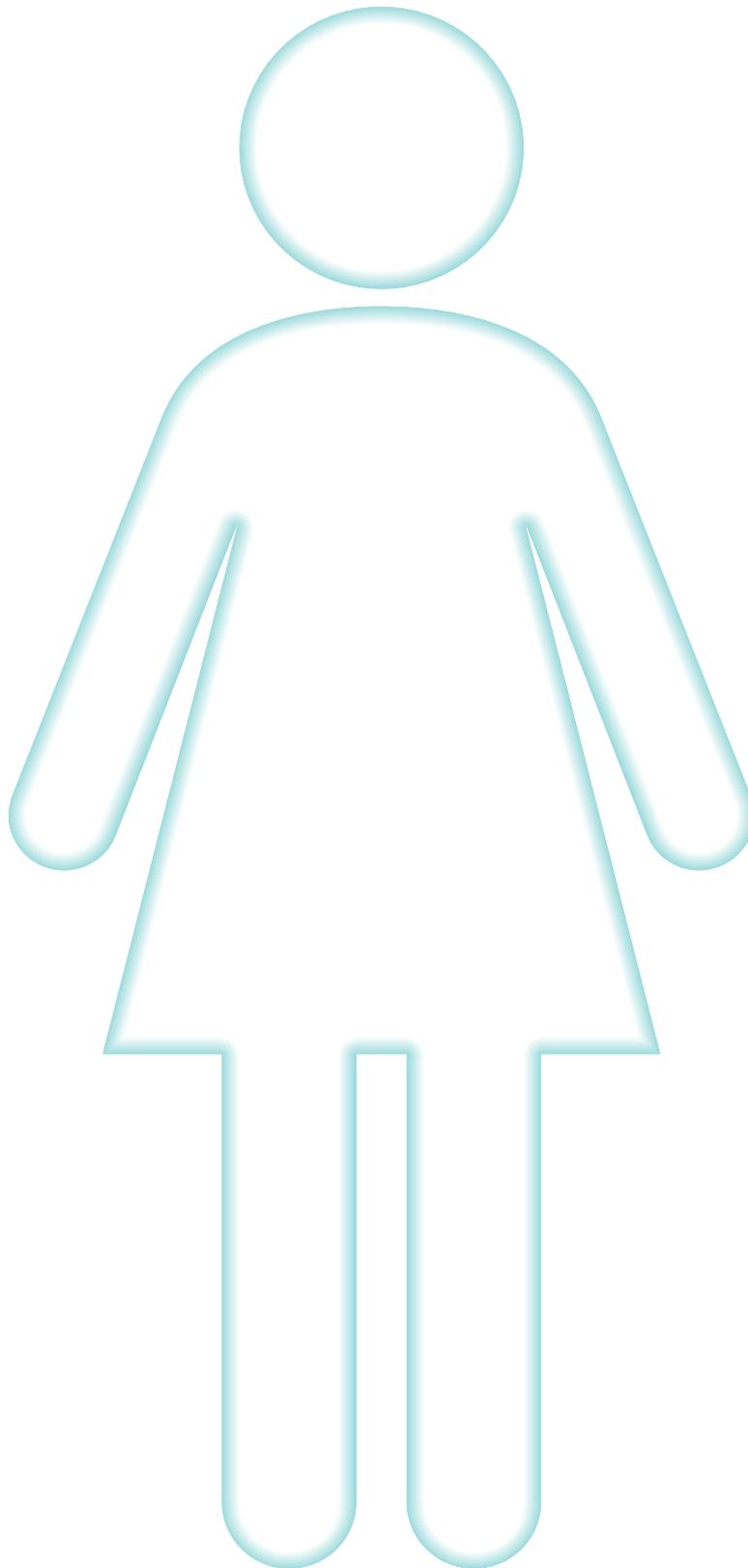


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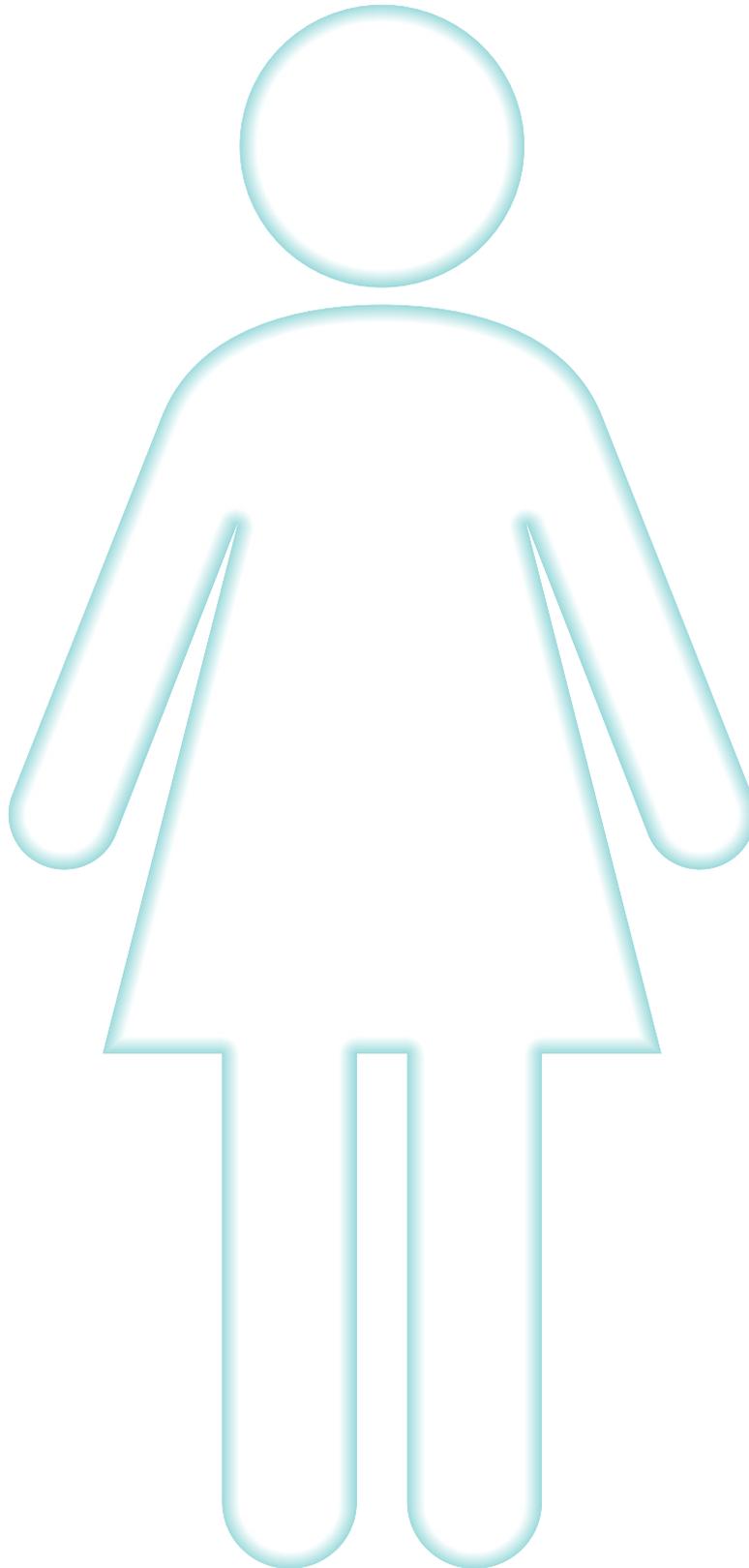


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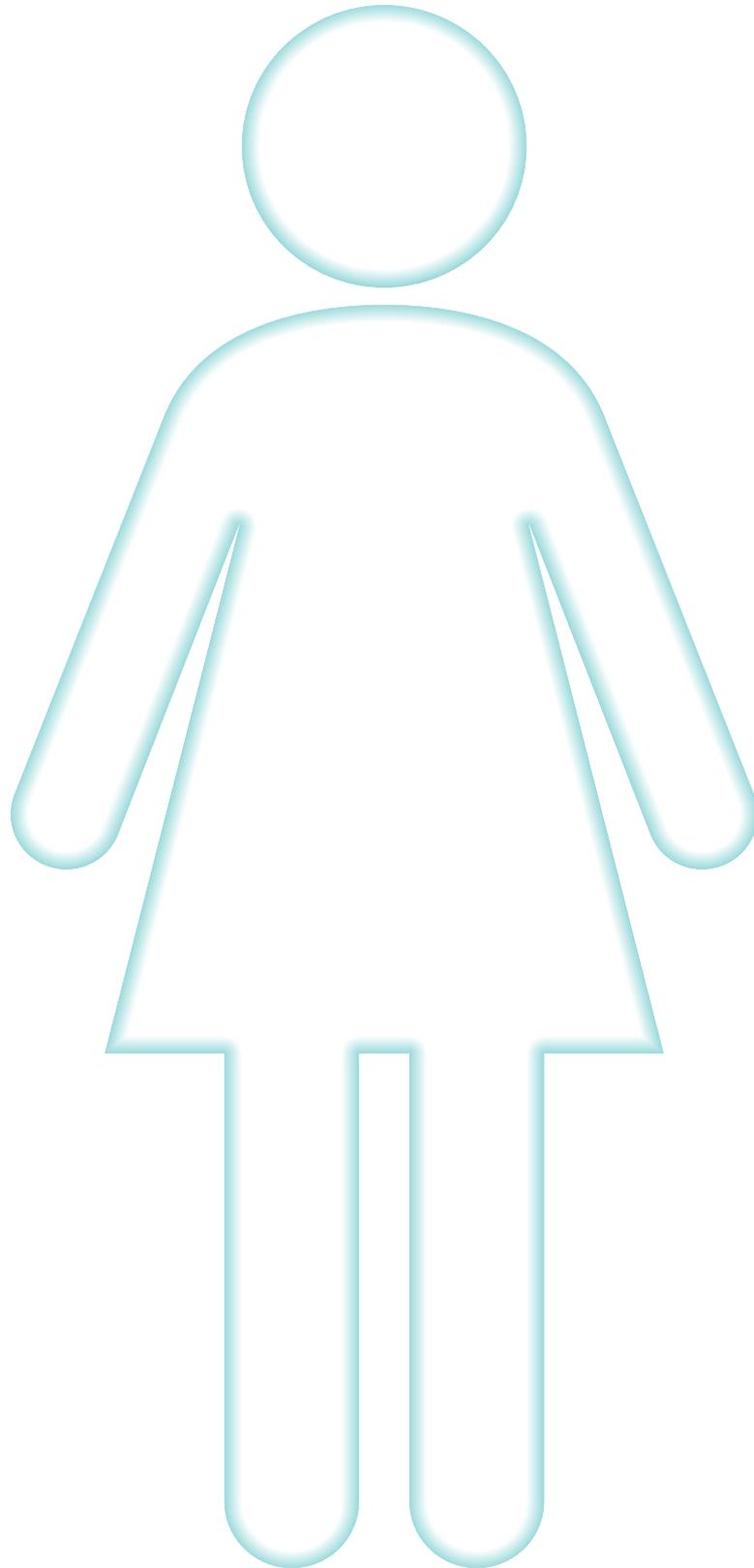


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