

Naomi Crain Life Coaching

Easter Weekend Challenge

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

Easter Sunday

The dawn of Easter Sunday is a time of anticipation and excitement. The Divine is bringing back from the grave that which truly saves, truly brings love, joy, peace and the highest good of all.

But before we can know what that is, we must walk the path of hearing from the Divine on all the parts of our lives – that which will be left in the grave, that which will be left in transition to reform and birth something new and then that which will be resurrected.

So find your list from Friday, sit with the following worksheets and get quiet. Get deeply still and picture your heart open and ready to hear the guidance that will be given you.

For each item on the list, write it in the item field on the worksheet, and then ask:
What is right for this part of my life? What will be for the highest good of myself and all people?

Then wait, breathe deeply, trust. With this element of your life held consciously in your heart, think about resurrection.

If this produces an opening in the body and the spirit, a lightness, an excitement, then resurrection is probably what this element is called to.

If your body responds with any knots, tension, uneasiness, discomfort or any thing negative, resurrection is probably not what is right for this element. Ask the tension or discomfort what it has to say, see if you can find out what your body is communicating.

Then hold the picture of this element of your life in your open, still heart and think about it remaining in the mystery of the Divine to be further transformed, broken open to re-sprout. Again, if your body responds with lightness, energy, opening, love then you're probably on the right track. If you experience tension, negativity etc, talk to those responses. See what's going on.

Finally, if the previous two have not resulted in a positive response, hold the picture of this element of your life in your still, open heart and think about letting it go, giving it to the grave to recycle into the earth or the atmosphere, for reuse by someone else at some other time. Does this produce peace, albeit with the common sad, lonely, fearful or grieving emotions can be present too?

If this seems to be what this element of your life is called to, it's time to find a physical and/or symbolic way of letting it go. Follow through – remove temptation, throw it away, have the conversation, tell yourself the truth instead of this untruth...whatever is necessary. This is a process and we'll talk more about it tomorrow, but for each item you feel you're being asked to leave in the grave, begin thinking about what needs to happen to follow through on that calling.

If you have questions or are struggling, come on over to the blog and leave me a message. I'll do what I can to encourage, support and help you.

Easter Weekend Challenge - Easter Saturday

THE CALLING OF THE DIVINE - Recycle, Re-sprout or Resurrect?

LIFE ELEMENT	DIVINE CALLING FOR IT AND WHAT I NEED TO DO NEXT

Easter Weekend Challenge - Good Friday

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