

Naomi Crain Life Coaching

Easter Weekend Challenge

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

Good Friday

On this first day of the Easter Weekend Challenge, we're taking brave and confronting steps to surrender our lives to the grave, trusting that the mysterious ways of the Divine, which moves deeply in the unseen but nourishing earth, will cleanse all that we bring, letting that which no longer serves us die, decaying it back into the earth to be recycled, and letting that which has potential to birth new things break down, sprout and grow new shoots, and letting that which is good, pure and healthy for us and the world, be resurrected.

So we come to ponder all that our lives are: our relationships, our possessions, our activities, our worries, our beliefs, our emotions, our desires....everything gets brought into the light and offered up to the grave.

It sounds counter intuitive, and it is - that's the magic of the Divine story, as represented in the beautiful Easter story, where that which the characters in the story thought was going to save them had to die (which challenged their beliefs and confidence) until it was resurrected. But what was resurrected was not what they thought it was - but what would truly save them. They had to let their salvation die in order to kill off the false belief they had developed around it, so that what could truly save them could be seen and could do that saving. Without that death, there would be no real salvation.

So take some deep breaths, drink tea and write down your life on these pages, with faith that the Divine force of love that longs to save you and the world will meet you and your life, in the grave, to transform and save you.

When you've completed this form, find some action that signifies giving it to the grave. Maybe you just put it in a box or a dark place. Maybe you make a copy and then bury, burn or rip up the original (you'll need the copy for Sunday's challenge step) and then put the list somewhere dark and out of site. Maybe you pray through each item with a mantra-style prayer of resignation to the grave, such as "I now give this item into the hands of the Divine, placing it in the grave, where it can be put to death, broken open and sprouted or resurrected, as the Divine sees fit"

(note: you're not committing the people on your list to death! It's the relationship and attachment you have to them - what you cling to about that relationship, who you think they are or should be, what you think your relationship with them is, should be or could be).

Struggling? Need to share your experiences?

Jump on over to my blog post about this challenge and share, ask, ponder, offer up...whatever you need. We're walking the journey together.

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

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MY LIFE'S SIGNIFICANT THINGS:

People/Relationships:

Physical Things:

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MY LIFE'S SIGNIFICANT THINGS, CONTINUED:

Things about my body:

(ie what's important to you? Your hair, your figure, your health, your ability to type fast while eating toast with no hands....??)

Activites and things I do (including work):

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MY LIFE'S SIGNIFICANT THINGS, CONTINUED:

Current Issues, worries or life situations:

My personality, feelings, way of being:
(ie who do you think you are? What makes you, you?)

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MY LIFE'S SIGNIFICANT THINGS, CONTINUED:

My moral, ethical and spiritual beliefs:

My desires, hopes, dreams and plans:

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MY LIFE'S SIGNIFICANT THINGS, CONTINUED:

Anything else that seems relevant, significant or important to this challenge: