

SOUL LIGHT - Easter

EASTER -

THE MOVABLE FEAST OF THE DIVINE BODY

Once again, Easter is almost upon us.

The word 'Easter' comes from the pagan festival known as Eostre.

The timing of the event is based entirely on the cycles of the moon – thus Easter this year occurs earlier than any other Easter since 1913. The next time it will be this early in the year will occur in 2228 (220 years from now) – and we'll have to wait around until 2285 (another 277 years!) to experience it falling even one day earlier!

For Christians Easter is the very holiest of sacred moments – for others it is, at best, a holiday.

For half the world's population it's just another working day.

What does it mean to those of us who have moved past the dogma of religion to embrace the spiritual?

As importantly, what can it mean to us?

Easter surely represents acknowledgement and conscious possession of the Divine Body.

As a sacred festival it commemorates the rite of passage from a belief in the illusions of our material body being our only existence to the adoption of the divine as our true and eternal being.

Jesus laid down his purely physical sheath and embraced the infinite body of his spiritual wholeness.

He died to the madness and dysfunction of ordinary life; and rose again as christed consciousness.

Each one of us is called to do likewise: to die to the false and be reborn to the truth.

Such truth is that we are love celebrating itself in the richness of life.

We are each the divine body; and each a unique expression of it too.

The Master Jesus most assuredly reminds us that everything he did we can do also.

In that understanding, each of us can embrace our own Christ-centre – and do so, like Jesus, whilst still being in this world but not altogether of it.

One way to achieve this is through gratitude.

Just as Jesus showed gratitude for everything that happened to him (even being reported as telling others who were being executed that paradise was just a breath away) – so should we show gratitude for everything in our own lives.

A most beautiful and uplifting exercise for this sacred week (repeatable all the other weeks of the year for extraordinary benefit, too!) is to spend the first ten minutes of every day meditating on boundless reasons for expressing gratitude.

You might like to use this schedule:-

Wednesday morning – give thanks for each member of your wider family.....

Thursday morning – give thanks for all those that challenge and seemingly obstruct you.....

Friday morning – give thanks for all those that befriend and support you.....

Saturday morning – give thanks for your planetary wealth – all the animals, all the plants, all the races, all of nature.....

Sunday morning – give thanks for the divine, the eternal and the infinite.....the saints, the masters, the teachers, the bodhisattvas.

Monday morning – give thanks for all your lessons of poverty and abundance; of love and compassion; of humility and courage....

Tuesday morning – give thanks for your boundless opportunities to develop deep, meaningful and healthy relationships in the home, in society, in business, in social pursuits, in your personal and intimate life.....

On Wednesday start over afresh.....

By such means will this sacred movable feast be transformed from an archaic ritual into a life-enhancing exercise of great vitality and formidable power.

The Christ-within-you will rise up and shine more meaningfully than ever before.

The delusions of the past will shrivel up and die.

And you will be transformed from a simple physical body trying hard to avoid the pitfalls and hurts of life (just like Jesus in his early life surely did) into a living, breathing soul in which the depth and richness of your Divine Body celebrates its endless rebirth in joy-filled delight every moment of existence.

The message of the Christ-filled Jesus will be told again – in the Christ-filled you.

Easter will truly come alive!

Love and Blessings,

Les