

## EASTER 2018

03/30/2018

This weekend we celebrate the holiday of Easter. For devout Christians it is probably the most important day of the year. The day that Jesus of Nazareth, also known as The Christ, triumphed over death. The hope for all Christians that death is not the end of our existence but simply a transitional phase in our eternal ongoing.

The symbolism of Easter is something that, hopefully, all people can appreciate and relate to--even from a non-Christian perspective. If we look at the story as us, i.e., you and me personally, we can find meaning for our lives.

Most all of us have faced situations in our lives, like Jesus of Nazareth, that we did not want to face. We have lost loved ones, gone through divorces, dealt with potentially life threatening diseases or felt like it was the end of our worlds because of dire financial situations. None have been pleasant but we have grown, painful as it was, into better and stronger people because of the experiences. We have felt the burden of "carrying the cross"--knowing there was more heartache or pain to go through.

The cross represents the "crossing out" of our negative experience--that is, accepting the experience and having the faith that we will overcome it. Faith in ourselves, in God and faith in knowing that, in the end, we will somehow grow from the experience.

The tomb represents the "deepest, darkest night" of our souls--at first a mourning period--a time for crying, sadness, anger, bitterness and self pity. But, it is in the "tomb", when our bodies and minds are still because we have all but given up the fight, that we begin the rejuvenation of our lives. In our surrender we finally come to a point where we know we have triumphed over the experience and begin to focus on our blessings--no longer "wrapped in the burial clothes" of the negative experience. It is in the tomb that we see the light at the end of the tunnel and begin to realize we are "coming back to life"--that we are rising again!

Just as the Earth lies dormant in winter and begins life anew in the spring, so it is with us and our lives. Our negative experiences are NOT the end but signal new beginnings! The changes we have gone through, signified by the cross and the tomb, have allowed us to begin again, hopefully, with new positive thoughts and attitudes towards our lives and the lives and experiences of others. Does this mean we will forget the loss of a loved one or the bout with a potentially life threatening disease? NO! We will still remember the incidents, however, focusing our minds on the GOOD, we will begin to attract and create even more GOOD and leave the pain, anger, self pity, etc., all "back there"--in the tomb!

So, if you are a Christian, celebrate the Easter holiday as you believe. If you are not, try and take the story for one of faith and hope for your life! And, while you're at it, fill your Easter baskets with love, joy, peace and the wonder of life itself!

God bless--

All my best--

Chip