

Eastering in God

Andrea Hayes, frequent author on environmental issues, reflects on Easter's links with the great mystery of ordinary life.

The Easter message has always been a source of mystery and fascination for me, as resurrection gives us great hope that eternal life in God is our legacy.

In order for there to be a resurrection however, there first has to be a genuine death. Death can be a challenging topic for many of us, but I always try to reframe it. Instead discovering what God is calling me to rise above or what in my life I need to release and surrender to Jesus.

Reflecting on the true meaning of the resurrection of Christ, I believe it represents a powerful metaphor for releasing our limited beliefs. The past is behind us; we must look forward with hope towards a new vision for our future. For me, Easter offers a pause

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point to remember the true meaning of the rich Christian symbol of personal resurrection. Resurrection is a universal pattern of the undoing of death and for me, I try to undo any old patterns and release my sins, leaving any baggage and shame at the foot of the cross. In order to do this, we're reminded to stop crucifying ourselves for missing the mark and put our old, crucified self also at the foot of the Easter cross.

This Easter is an opportunity for us to welcome the spirit and light of Christ, that beautiful light of peace and hope, into our hearts and homes. I challenge you to discover how you can experience your own personal Easter miracle and become receptive to the experience of a new life, with more hope and light in Christ.

This message is especially relevant today as we're called to become part of something new, part of creating a new vision of heaven on earth. We're being called as people of resurrection to take action for a higher vision of a new world, a transforming vision of union in the divine for the whole cosmos. It's a strange, in-between time for humanity and for our planet; we can all sense that the old way of being is coming to an end, and we're in a liminal space that requires us to hold a vision for a new way of being, for the good of the planet and humanity.

In many ways we can compare the



crucified Jesus with how humanity has often crucified everything on this planet, the empty tomb reflecting our personal sense of being alone and disconnected from our actions. If we lament on how we need to respond to catastrophic climate change, mass extinction of the animal kingdom, extreme world poverty, permanent war and political overreach, can humanity finally rise to the call and make appropriate choices for a better future? How can we each strengthen our personal capacity to respond to these challenges and seek to surrender our old ways, instead becoming alert to the actions needed to face the hard realities of our human story? How can we frame our lives with meaning and rise to spiritual wholeness?

This question offers a good opportunity to reflect and identify our own personal Easter resurrection response.

Perhaps something will trigger within us, that moment of awareness, a conversation or reflection when something just clicks and the Easter miracle represents something personal that is taking place inside of us.

When we celebrate the wonder of the resurrection, we actively and intentionally make space within us to bring the Easter miracle into our daily lives and, more specifically, into our communities and our planet. We can make 'Eastering in God' a new spiritual practice. Like prayer or meditation, we can see Easter as something we 'do' rather than something we 'have'. In this way, 'Eastering' becomes a process we can apply to any situation. When you feel inspired or in-spirit, this can become the moment where you rise up to become an active agent of change, bringing a sense of hope for the future of humanity and our planet.