



YOUR LAST SUPPER
YOUR CRUCIFIXION
YOUR DESCENT INTO HELL
YOUR RESURRECTION

by Lynn Jericho



IMAGINING YOUR INNER EASTER

Holy
IMAGINATIONS
the testaments of self



Imagining Your Inner Easter

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I apologize for any typos.

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WHY AN INNER EASTER?

I realized the lives of the great avatars like Zarathustra, Buddha, Christ are only stories to believe until they slowly resurrect inside our own sense of self. This is why I offer you this compilation of my Easter blogs...

*I want Easter to be alive in you, not just a story about Jesus Christ. I want you to live it **now**, not just believe it happened **then**.*

It is not just an esoteric and clairvoyant sense of being in attendance at these events, say the Last Supper, a fly on the ceiling or one buzzing around the wine. More that you imagine you, your indwelling Christ Consciousness, has called together your companions to say goodbye, to answer their questions, to give to them your substance forever. Do this humbly, but do it. Let it be an inner experience that you and the Christ are one...just for a timeless moment.

Inner Easter is an attempt to know, not just believe. It is not about witnessing, it is about being and becoming. Take baby steps, soft breaths, gentle glimpses of the many aspects of the Easter experience. Each event and each individual represents an archetype which lives in our souls as thoughts, feelings, or intentions but often we are asleep to their presence or we simply project these parts of self outward and then experience them as part of the greatest story ever told, not our own story. We awaken our direct experience of these archetypes through our Inner Easter work.

Thoughtfully design your Inner Easter experience. Do not try to experience every moment and every being all at once this Easter. I feel it is better to go deeply into one being or one event, than to go wide and



attempt to feel everything with no time for the imagining that comes from questioning and reflecting. For a moment, this Easter choose to be John the Beloved, Mary Magdalen, Judas, the guard at the tomb, or the individual that hammered the nails. Or choose to work with the one of the Easter experiences: Feel the will to betray and the willingness to be betrayed. Feel the grief and the joy. Feel the guilt and the forgiveness. Feel the resistance and the surrender. Feel the sky darken and your soul die. Feel the sun rise and your soul resurrect.

Each Easter read the stories of each day, then choose your inner focus. Seek to have a direct experience of just one event or one individual. In the essays, I have made suggestions. If you choose to devote time to Inner Easter work each day, it can be helpful (but not necessary) to enter into the work with a particular gesture such as lighting a candle and closing the work by blowing it out the flame. You might want to listen to some piece of Easter music. The central activity would be to focus on feeling the chosen element of that day's story as if it is living in you. Ask a question about the event or the individual without seeking an answer. Simply seek the feeling response to the question with your body and soul.

This inner work is so different from attending a church service or a lecture on one of the mysteries of Easter. These types of Easter experiences are lovely and meaningful but you are not the priest or the teacher, you are the worshipper or the student. With Inner Easter no one stands between you and the mysteries.

Inner Easter is not about obeying or worshipping, it is about choosing to love freely and through that love to experience Easter as living in you now.

These compiled essays which originally were blog posts offer perspectives and questions. I hope they move, catalyze and construct a new living imagination of your own intimate relationship to the events of two thousand years ago.



I hope Easter comes alive in you and alters how you bring yourself into the world.





A BRIEF PICTURE OF MY SPIRITUAL DEVELOPMENT

Let me give you a quick biography of my spiritual path. You will see how I came to feel and share the beauty of having an intimate, immediate and individual experience of the mysteries and wisdom of Christianity.

I grew up being exposed to a number of different versions of Christianity as my father wanted my mind to be opened more than he wanted my soul to be saved. After being baptized Episcopalian, my first Sunday School was Methodist. At age five, I was introduced to Christian Science, at nine, I was in a Catholic boarding school and at ten I attended a Quaker Friends School where most of the students were Jewish. In college, I explored Buddhism and was fascinated and a little envious of the true belief of the evangelists of the Campus Crusade.

At 24, I married a man who having spent his 47 years of life searching for a spiritual path, had recently gotten involved with an esoteric group of Western Sufis which appealed to us because of their understanding of perennial wisdom, but ultimately, disappointed us because of their rigid, hierarchical and slightly paranoid formalism.

My husband was a recovering alcoholic, and together we decided our spiritual community was to be Alcoholics Anonymous and our spiritual practice, the serene, transformative and compassionate process of [the 12 Steps](#).

We were both avid readers and seekers so our bookshelves were filled with great esoteric writings, classics and modern understandings of psychology and inner development. I remained open and hoping to find an



imagination of the experience of self that would heal, liberate and empower me.

Twelve years after our marriage, I put our two children in a Waldorf School and discovered a new understanding of the developing human being. Curious, I went to the source of the pedagogy, the insights of [Rudolf Steiner called anthroposophy](#). I found something that had universal application, pointed the way to both material and spiritual freedom and invited me to know myself and know others with unwavering love.





A BRIEF PICTURE OF ANTHROPOSOPHY

In anthroposophy, I found, not a belief system or a religious practice, but a way to approach an understanding of all things material and spiritual and see the evolving function and relatedness of everything. I discovered physics, biology, psychology and spirituality are all glorious reflections of each other that just happen to be described in different languages. I learned to translate back and forth between the languages.

I also learned to ask living questions. Living questions can only be answered by evolving wisdom. No hard, cold facts. No sweet, sentimental stories. No true beliefs. Evolving wisdom always changes and alters in the right way for the truth, beauty and goodness of the moment while always constant with the highest gestures and forms of freedom and love.

I discovered an understanding of the evolution of consciousness that provided the ground for inner development. Anthroposophy defines, delineates and portrays the human being in four bodies functioning in four realms: a physical body that functions in space through form and measurement; a life body or etheric body that functions and flows in time through our biology and biography; an astral body that through thinking, feeling and willing relates to all things; and the spirit body or I AM that is free of the limitations of a lifetime and supports the development and evolution of consciousness.

When it comes to understanding Easter, then and now, for Christ and for ourselves, we need to ask living questions based on each of the four bodies and let them reveal the purpose of each event during Holy Week. We begin with knowing that until the incarnation of the Christ (I am the I AM) and his death on the cross, our own I Am merely hovered



above us. For the last 2000 years, human consciousness has been evolving the consciousness of I Am into a self-aware Self.

All of my writing, teaching, mentoring and other work through Imagine Self is in heartfelt support of you and all others activating and evolving this full Selfhood.

“THE WHOLE LIFE OF THE INDIVIDUAL IS NOTHING BUT THE PROCESS OF GIVING BIRTH TO HERSELF; INDEED, WE SHOULD BE FULLY BORN, WHEN WE DIE.”

Erich Fromm





THE FOUR SACRAMENTS OF INNER WORK

There are four sacraments of Inner Work for any feast or festival. They are sequential. Take your time. These are practical sacraments, active through your own will, not dependent on any other individual.

Choose your inner focus. I like to choose something specific. In the Inner Festivals I always offer possibilities and perspectives. With Inner Easter, I have the pdf you can download where I share simple descriptions of the Easter events and how you might begin to make them personal.

The four personal sacraments...

1. Questions Only...write down every question you have about a single aspect of the feast or festival. You may prepare for this inner sacrament by reading thoughts about the aspect to stimulate your own thinking. Do not judge your questions. Let them be wild and free. Surprise yourself. It is helpful to know that the Spiritual World only understands questions. The Spiritual World cannot hear or understand answers, assertions, declarations, demands, supplications, verses, etc. Only questions connect us to the attention of God as questions are filled with questing innocence and longing for wisdom. Questioning prepares your soul for receiving Imaginations.



(You can also approach this from the opposite direction...What questions are being asked of you? This will always lead you the Spirit Within your own being.) Practice the sacrament of questions. Feel the blessing of the quest.

2. Poetic Imaginations...spurred on by the questions you can open up your heart and imagine the content of your focus artfully. Sing, dance, draw, paint, sculpt, carve, collage, write actual poems. You can also create a diagram or draw a map. Imagine a recipe of all the ingredients. Sketch a garden of ideas. Work with metaphor. Yes, sometimes we find our way to the imaginations of others...to Botticelli, Bach or Martha Graham. Art will take you into the light or into the dark. Do not be hesitant. Be soft and tender, fierce and crazy. This work will prime your soul for receiving Inspirations.

3. Biographical Reflections....Now that you have awakened your capacity for imagination through questioning and for inspiration through working with metaphor and the arts, the time has come prepare for Intuition. Begin to perceive what dwells within and beyond your own personal experience. In each of our lives we will find unique expressions of all the archetypal realities of the gods. Just look for them. Don't be shy. Trust. Our lives are initiations filled with suffering and joy, miracles and teachings, sins and redemptions, deaths and resurrections. I offer many possibilities for biographical work in the essays. This biographical work allows you to release the narratives and recognize the meaning and purpose of each life moment, event and relationship.

4. Courageous Self-Expression...Bring some quiet attention to the experience of the questioning, creating, and reflecting on the subject of your focus. Begin to write



about the truth, the beauty or the goodness you have discovered. Think of a virtue or a shadow (many spiritual gifts live in our shadows)...you just need to speak from your enlivened consciousness. It can be something universal or something very personal. It can be an expression of a single word or of several pages. The task is to integrate the three experiences into a heartfelt picture or insight. No one needs to judge or agree or praise. Just write and at some point share. In some way to some degree, this is the sacred expression of your developing higher consciousness, your Imagination, your Inspiration, and your Intuition. It will not feel familiar. It will not be a memory. It is not information, opinion, or belief. It is you birthing in words your own sacred self.

INNER EASTER

With the Inner Easter essays I have shared, I offer many perspectives and ask many questions. Do not think you must work with all that is here. Please don't. I have never worked with taking each question and moving on to poetic imagination, biological reflection, or courageous self expression. (As I was writing this, I did notice the challenge of carrying my cross, the burden of this lifetime's destiny... writing what I write sometimes stuns me, exhausts me, disorients me.)

Here are my suggestions for working with them:

Read the essays for the day and the day's events/dramas. Read it several times. Notice if there is one question or perspective that stands out, calls to you. Begin with writing questions. See if you want to move into poetic imagination? Perhaps, biographical images appear. You may find a sudden understanding which I urge you to write...a courageous Self expression. Trust your higher Self.

No rules...although as I said earlier, working in the sequence of the four sacraments really supports your inner work.



In the shadows...occasionally you will be met with a strong resistance to a sacred “topic” or a holy event. Don’t fall into the slippery slope of drama and sentimentality. Every aspect of suffering is essential. “Wisdom is crystalized suffering.” No Resurrection without Crucifixion. Do not fear death or suffering.

You have the rest of your life to enter into the Easter Mysteries, one question, one creative gesture, one deep reflective identification, and one expression at a time.

This is your Inner Work. The Gods will bless you and celebrate with you.





YOUR LAST SUPPER

Maundy Thursday is the day of the Last Supper. As usual, the imagination of the last supper, like all the Inner Year imaginations, nurtures all souls on a spiritual path whether or not they are practicing Christians.

With Inner Lent we imagine a personal experience of the fasting of Christ and the overcoming of the three great temptations. When Jesus Christ returns from his solitude in the desert he seeks and finds his companions for his three years. The Last Supper comes at the end of the three years and mirrors the fasting with a final feast and final gathering of the companions.

Imagine your Inner Last Supper today. Imagine gathering your companions for a final feast. Work metaphorically and personally with the elements of the supper, your washing of their feet, the transubstantiation of your body and your blood and so on. Feel the Christ mysteries awakening in your own self awareness.

Where is your Upper Room where you would hold your most sacred supper? What does it look like? The secret space in your soul where great inner thoughts form, deep feelings emerge, and selfless/Self-full intentions arise? The place where you gather images of all the other human souls that have accompanied you as you surrender to what is becoming manifest in you?

Who are they? Those who you chose because if they weren't there with you, your destiny would not be fulfilled. Your choosing may not have been that conscious at the time, but in the reflective mood of the Last Supper reasons may come to light?



I ask you to play with these suggestions and all the Easter imaginations of self. Play! I feel so much of our inner spiritual work is burdened and weakened by a mood of somberness and rigor. As Christ says to his disciples, unless we become as little children we will have difficulty entering the kingdom of heaven.

Read this quote from a webpage that no longer exists.

Play takes many forms. It may be best defined from within as a spontaneous human expression that relies on imagination and a sense of freedom. Players invent alternative contexts for conversation, visualization, movement, and interactions with real objects. They find release and involvement, stimulation and peace.

As you play in your contemplation of your last supper, find your freedom in your imagination. This is sacred play. There is nothing of idleness or thoughtlessness in a child's play.





YOUR MAUNDY THURSDAY

Inner Easter is the process of finding, knowing, and becoming yourself through an intimate feeling of the Easter Mysteries as they unfold between Maundy Thursday and Easter Sunday.

Each of the four days are filled with imaginations to be experienced as self-reflective, self-developing questions living in your inner life.

Choose one of the events (please keep it to just one, so you can go deep) and work with my suggested question, or better yet, feel your own question. Just a few minutes of reflection will waken a feeling for the inner festival.

Maundy Thursday is full of events in the Easter unfolding. The inner experience of the events is quite challenging and can lead your soul into a very troubled state. Even as I wrote them I felt a growing doubt and fear. This troubling and trembling of your soul carries you into the darkness of Good Friday. Can you endure your inner suffering today, tomorrow and Saturday knowing the joy of inner resurrection will come on Sunday?

This layer upon layer of dark and cold sadness falling over our souls only appears for this brief period in the inner year. How profound that it comes at the beginning of Spring which fills us with the joy of restored light, vibrant nature, extraordinary beauty, and new life.



Let us begin this sacred and profound inner experience with the complexity of Maundy Thursday. Remember, working deeply with **just one** Maundy Thursday event... contemplating, wondering, reflecting and writing about your inner quest to find your own expression of it will awaken the Easter mysteries in your soul.

MAUNDY THURSDAY'S UNFOLDING EVENTS

The Preparation of the Upper Room

How do you prepare your body, mind, and spirit for your deep inner work?

The Gathering of the Companions

Who would you gather to share your last meal with? Would you invite even those who shape the dark, frightening aspects of your destiny? Make a list of twelve and describe why each is there.

The Washing of the Feet

In your inner life, how do you humbly meet the images of your friends and colleagues? What feelings arise in your heart when you imagine washing the feet of those who have so deeply impacted your life, left footprints in your consciousness?

The Transubstantiation of the Bread and Wine – Remembrance and Gratitude

If you look back at your life, what have you done or demonstrated that you would ask others to do in remembrance of your incarnation? The bread and wine are the first Eucharist. Eucharist has Greek roots for *beautiful gratitude*. How do others' deeds live on in your deeds?

The Walk to the Mount of Olives and the Agony in the Garden of



Gethsemane

Imagine slowly walking with your companions to a place of dramatic nature where you will live your last free moments. Are you able to look into the cup of your suffering, pray to be released and then surrender to your final destiny? This is so challenging as it is so easy to feel like a powerless victim instead of the liver of your life.

The Sleeping Companions

When have you asked those who love you to stay awake while you suffer only to discover they have fallen asleep, do you forgive them? Perhaps they have fallen asleep to their own story, to be fully awake to your story?

The Betrayal and Arrest

Have you been betrayed? Have you been a betrayer? Keeping yourself settled in your body and in the moment, calmly look at the betrayal with compassion. If betrayed, how did this lead to some powerful fulfillment in your life? If betraying, how did it feel to see the other suffer? Did you make amends or did you fall into despair?

Has a key part of your soul been arrested and taken away from life as you have known it?

The Denial and Abandonment

Imagine knowing that those who were closest to you, were going to deny they knew you and flee from you? This is an inner question that might reveal how parts of you fail to strongly stand beside your gifts or your innocence.



Do you realize how these questions are universal and yet the answers or responses are utterly individual revealing the I dwelling within humanity. Esoterically, this is not about a dogma or a belief system, *it is about finding, knowing, and becoming I* over this single fragile lifetime.

Remember...one event. Go slow. Go deep. Surrender to the inner experience.





YOUR INNER CRUCIFIXION

If you read this post you will have spent 15-17 minutes of the 1440 minutes in the day on my thoughts on Inner Good Friday. Now add to that the time you spend on **your** thoughts on both the originating Good Friday and your own Inner Crucifixion. How many minutes might that total? And what do you get for spending that much time? Do you find more peace? More doubt? More self-compassion? More understanding?

Compare your sense of how much time you can attend to awakening your feeling of Inner Crucifixion to the amount of time Jesus Christ hung dying on the cross?

I don't know about you but I haven't the meditative endurance to spend three hours on establishing a new relationship to Good Friday. I could spend three hours reading the New Testament or the books of Rudolf Steiner or other spiritual thinkers and mystics. I could recite prayers and verses for three hours. But I don't know that I could sit or walk and engage my own heartfelt thoughts about my own inner life in right relationship to the Crucifixion. I am not that developed.

However, I am striving. I will attend to this inner challenge. I won't last three hours, but I will give my heart to the seeking of a mere moment of meaning. And I know moments of meaning, of grace, take us into timelessness, into the spiritual reality of eternity.

I do hope this note helps you find a moment of eternity on this Good Friday.



Now let go of the imaginations of your Inner Last Supper. Let a blessed emptiness enter your soul. (If you don't know how to do this, just breathe, just blink. In each full breath and each quick blink, we experience a moment of blessed emptiness.)

Trust your courage and your devotion as you follow your path of self-knowledge and inner development. Stay a few minutes with this attention to the Inner Crucifixion despite your doubts and hesitations – something will flow. It might be a question, an image, a feeling – an Inner Easter germinating in your soul.

Next we descend into Hell.





THE UNBEARABLE FEELING OF GOOD FRIDAY

I tremble at the realization that as I write these Inner Easter posts, I am asking each of us to find our solitary way into a consciousness of unbearable feeling – even the joy of resurrection, if truly felt, is too intense for full consciousness. I am not suggesting that we not live into the New Testament recollections of the Mystery of Golgotha which remains filtered by its presentation as story, the greatest story, but still perceived as a story about another's experience. I am asking that we go gently into our own experience and our own true story using the divine template of 2000 years ago.

Why should we do this? As I wrote in the [Inner Christmas Messages](#), we are blessed when we find the impressions of our I-beyond-consciousness living in our souls. If we can go into our own experiences of the Easter Mysteries, we will find the impression of I that knows all the suffering of incarnation, can die the most painful of deaths, forgive, and live again. Just the briefest moments of this inner experience of I, brings more freedom and love to the ordinary moments of our everyday lives. We find courage. That is why for these few days we let ourselves go into the darkest of our souls' days.

Here we look for the events of Good Friday in our souls. Take heart.



As I wrote the questions below, I realized they ask you to experience yourself as a victim or a perpetrator. A victim has a perpetrator, a perpetrator, a victim.

But the I-beyond-consciousness does not live in stories where there are victims or perpetrators. Certainly, Christ Consciousness is not about victimhood, shame, guilt, hatred or other feelings, attitudes, or judgments that separate, divide, or kill the heart or soul of anyone, especially your own.

As you look at these questions, can you feel the pain without shame, guilt, hatred, any feeling that is not permeated with love.

False Witness

Do you lie about yourself to yourself, to others?

And when have you silently born false witness on another's soul? Why? If we don't offer the dark, selfish parts of ourselves compassion and forgiveness, will we ever be whole – resurrect into a new vital experience of I.

The Judging

Do you know the prejudiced judge in your own soul that accuses the part of you that longs to speak the truth, love freely, do powerful deeds?

Have you accused, judged, and condemned yourself or others?

Have you ever washed your hands of standing for the innocence of another or the strength of your own goodness?

The Flogging and Mocking

Have you had to suffer the pain of flogging and the humiliation of mockery? What is self-flogging? Is it your constant self-doubt, your food binging, your obsession with knowing everything, your inability to earn enough money? And self-mockery? What do you do when you look in the mirror? Do you mock your body? Do you write from your



heart and then rip it to shreds? Do you tell yourself you are unworthy and undeserving?

The Bearing of the Cross

Often the crosses we bear are the weight of our own defenses and identities we created to hide or avoid or survive. What are the crosses that you bear? Does anyone ever offer to help you carry them by listening to your stories, caring for your suffering, seeing the truth of your heart?

The Crucifixion and Death

So often our destiny requires that we suffer and die to ourselves. Each year on Good Friday we can ask ourselves have I died to myself so that I can live for others? We don't need to say yes, but it is very good to ask ourselves the question and be willing to be surprised by the answer.





A CONSCIOUS DESCENT ON HOLY SATURDAY

Most of our Easter education gives little attention to Holy Saturday and the Descent into Hell. Probably the Church fathers chose to neglect the harrowing of hell because it indicated the Christ forgave all sins and released souls from the eternal fires of hell. Where is the supremacy of the Church, of the priesthood, if the Christ forgives all sins?

Where is your relationship to your inner redemption if it is freed from the punishment of the threat of eternal brimstone? What if freedom is not a magic wand, a fairy godmother's beneficent gesture, but dependent on, actually exalted by, a conscious descent into the darkest, fiercest, most excruciating self-examination and **compassionate** self-judgment you are capable of? Yes, it is frightening and truly a personal threshold but the result is the possibility of Inner Resurrection.

How do you descend into Hell? and for what inner purpose?

Is there an inner resurrection without inner redemption?

How do you go into your own inner hell? Why go into your own inner hell?

Each of us finds freedom and joy when we willingly enter into our own inner hell and find our own way out. We bring with us all that we have struggled to meet and forgive in our own individuality.



WELCOME TO HELL

Welcome to Hades, to Hell, to the Burning, Isolating Sea of No Redemption.

Is this a familiar place for you? It is for me, especially in the middle of a sleepless night.

The Entombment

How do you inwardly bury yourself or parts of yourself? Just choose one of your entombed parts...there are probably many. Is it the part that is filled with love to give, talents to express, hungers to nourish, wounds to heal?

The Entombment of the body of Jesus Christ was an elaborate ritual of cleansing, oiling, praying, singing, wrapping the divine body with reverence and placing it in the tomb with the deepest love.

How elaborately to you prepare your parts for burial? If you are like me, it is not just elaborate, the preparation is grandiose in self-cruelty. I soil my inner parts with disregard and shame, I oil my inner parts with self-disgust, I curse and grind my teeth, and finally I rip away any final shreds of self-worth and kick myself into the bottomless pit of self-hatred.

What original sin do I see in those parts of myself?

The Descent into the Realm of the Dead

Can your luminous I consciously descend into the pit of self-hatred bringing self-compassion and self-forgiveness to the suffering



parts of your soul? Can this spirit-filled self reach the bottom of the pit and shine warmth and light into all the darkest crevices?

This is not a dramatic deed. It is a tender deed arising within your Holy of Holies.

All the Hosts of Heaven watch you with awe as you do this.

Bringing the Righteous into Heaven

When you have descended to the bottom and seen these unloved parts of yourself, imagine a harmony permeating these lost parts. The Logos within you opens up and emits a cosmic, yet uniquely personal hum filling all the newly lit spaces of your inner hell with a redemptive sounding. Can you simply turn now and begin the ascent as the reunited wholeness of yourself?





YOUR RESURRECTION

This Easter Sunday feel the sun rising in your heart of hearts flooding you with the light of freedom and the warmth of love. Be new.

This newness is not a new reflection of the old, familiar you. It is new to the core. Everything in you that could suffer and die, everything in you that felt the fires of inner hell is gone. You greet your companions and they do not recognize you. You look in the mirror of your soul and see a self that is definitely you but so strange and different. You and I in our spiritually fragile development can only hold this experience for a moment.

I am frustrated sharing my inadequate words. I can only apologize for my lack of poetic elegance and assure you that my weak images do not reflect a weak conviction regarding the Inner Easter moments we each experience.

I want to share one contemporary poem that sings of the Easter mystery. Derek Walcott wrote it.



Love After Love

*The time will come
when, with elation
you will greet yourself arriving
at your own door, in your own mirror
and each will smile at the other's welcome,*

*and say, sit here. Eat.
You will love again the stranger who was your self.
Give wine. Give bread. Give back your heart
to itself, to the stranger who has loved you*

*all your life, whom you ignored
for another, who knows you by heart.
Take down the love letters from the bookshelf,*

*the photographs, the desperate notes,
peel your own image from the mirror.
Sit. Feast on your life.*

If we let our old ways die and restore wholeness to our soul, we become new. Spiritually we remain ourselves, but without the limiting and often distorting context of our past to define our form we become different. We become unrecognizable to ourselves and to all our



companions. We have risen to a new way of being. This is the challenge and the reality of our inner resurrection experience. We surprise ourselves for brief moments, we know joy. Not a joy that is compared to a suffering. No, resurrection joy is suffering turned inside out.

The Resurrection of 2000 years ago made it possible for each of us to have resurrection moments in our souls. Easter comes once a year to remind us to pay attention to our resurrection moments. Not just to pay attention, but to have faith in them.

I have suffered my heart being broken only to find it healed in a moment. The healed heart is a new heart, not a mended heart. It is a heart that has no memory of its suffering and death. It is resurrected and filled with new love and new freedom.





THE DARKEST DAWN

Today is Easter Sunday We celebrate the Resurrection today. I'd love to just jump to feelings of Hallelujah and images of the Risen Christ, but the day begins with Mary Magdalen visiting the tomb to be with the corpse. So let us find our Easter questions in this gesture.

Mary Magdalen was at the Crucifixion, witnessing the death, hearing the last words, helped remove the body from the cross, prepared it for burial and attended the entombment, seeing the rock placed over the entrance. Now the next morning she comes with spices and more oils to care for the corpse.

Let's enter into her being for a moment. Was she anguished with grief? Had she slept or eaten? Was her mind overwhelmed by her heart? Was she weeping with sobs of unimaginable sorrow and confusion?

Was she mourning the teacher, the healer, the man, or the god? Or her friend, her savior, her "husband?"

And why is the redeemed prostitute, the woman freed of the seven demons, the one written about on this morning? Is she the only one with the fierce life forces and the unconditional love forces to bear loving witness to the lifeless body?

This Easter morning bring a feeling of the grieving, redeemed Magdalen into your heart. Feel the morning sun rise around her, knowing she felt no sun rising in her heart and ask yourself:

Easter Sunday Questions



- How does my soul grieve?
- How am I redeemed by what I so deeply grieve?
- How do I find devotion in my heart, even when I am feeling the deepest loss?

The rejoicing of Easter only comes when we have the resolve to dwell in the deepest grief. Perhaps this is the meaning behind the wisdom “the darkest hour is the one before dawn.”





RESURRECTION — YOUR INNER EASTER QUEST

I wish I could say I have a glimmer of understanding or feeling of resurrection. I have a belief in the Resurrection, but not an experience of it. Perhaps that is why we retell the story of Easter every year. Would we need to tell it, if we had the inner deed alive in our thoughts, feelings and will?

Like Rudolf Steiner, I don't think the human soul is ready to experience the truth of inner resurrection. According to Dr Steiner with all his wisdom, we have a few more incarnations before we can have a living experience of resurrection.

How can we experience the Resurrection, if we keep the suffering of Gethsemane, the betrayal, all the events of Good Friday and the descent into hell safe in a story, in versions that aren't our own?

The story of Easter Sunday fills me with awe, hope and joy as the resurgence of Nature fills me with delight every Spring. As a being living between spirit and nature, struggling to know my humanity and my individuality, I do not doubt that my spiritual and moral development is leading me slowly to the capacity for the pure love that will cause me to die for everyone and the freedom from the laws of nature allowing me to rise from my own death to love again.



But for now, I hope for little excruciating moments of felt inner death followed by a powerful quickening of resurrected life. Do I trust that I will be awake to these dim reflections of Inner Easter Mysteries? Once in a while. More often I am asleep to them or barely dreaming their reality.

What grows stronger in me with each Easter as I strive to find words for connecting what is so faint within me to what can be found in the Gospels is the certainty that at some time in the future over a span of great time, one by one we will each crystalize these mysteries in our souls and know in every cell, every breath, every waking moment the power of our own resurrection.

We will no longer find a sting in death. And the greatest story ever told will no longer need to be spoken because it will live in each of us and we will recognize it in everyone.





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