

Timeless Transformations

Easter: A Reminder of New Life and Transformation

Today is Easter! Some call it resurrection Sunday. I call it a great day to be with family at the beach on this gorgeous morning. I went back and read last year's Sunday inspiration at this time, [The Easter Story: Resurrecting the Spirit and Coming Alive](#). A year has passed and I couldn't feel any more alive than I do at this very moment, being here with our family, especially with Dahl and her first Easter.

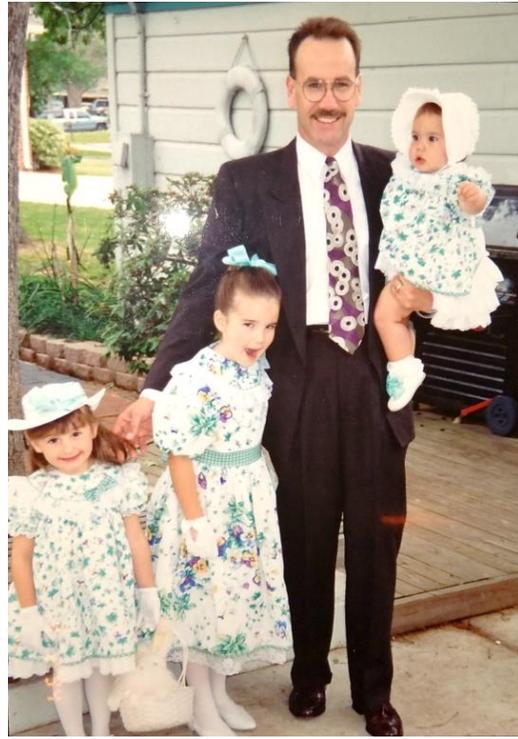
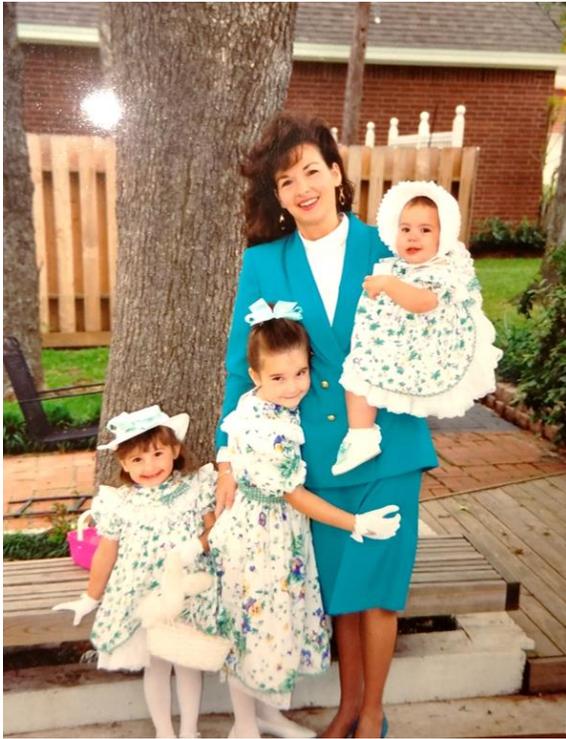
Several times this week when I put out a few Easter decorations or talked about Easter, your dad would say, why do you care about Easter? You don't believe in the Christian resurrection. That is true in the literal sense but I do believe in the Easter spirit. I believe in the resurrection principle. I believe we can raise up our spirit to conquer whatever challenges come our way. I believe Easter is about celebrating the rising up of our spirit within ourselves. It's a powerful feeling when we know whatever challenge or difficulty we face, we have the power to overcome. It's that inner wisdom, intelligence and guidance that gives us hope. It's a celebration of rebirth. I believe **Easter is a reminder of new life and transformation**. It's the transformational spirit that is wanting to be birthed in us.

One of the best examples of transformation is the caterpillar transforming into a butterfly. It is analogous to the transformation that takes place in us. It is an example that reminds us that anything in life is possible. The transformation of a butterfly is a sacred mystery of life. Think about a caterpillar crawling on the ground. It's like a snake but fuzzy, just inching its way around trying to find leaves to eat. That's all it cares about. It doesn't know anything about a higher design within it that is waiting to emerge and fly away. Then something happens.

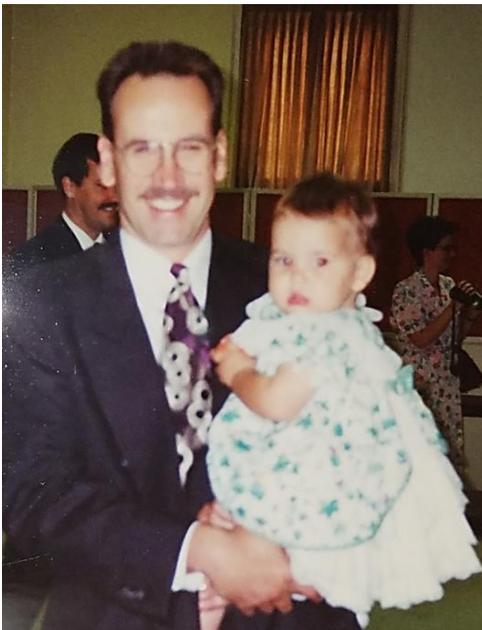
The caterpillar hears a call from nature and it responds. Instead of eating leaves it attaches itself to a leaf. It affixes itself and spins a cocoon. Inside the cocoon it becomes the chrysalis. Then something called the imaginal cells that holds the code of this higher being becomes activated. There is a pattern for a higher potential of life wanting to come forward. These imaginal cells begin to appear. The lower cells in the caterpillar create a resistance and the imaginal cells form clusters. They cluster together to strengthen itself. Then the clusters form bonds and the bonds are the way they share genetic information. These bonds then begin to vibrate. The caterpillar goes through this internal chaos. Eventually the caterpillar comes to a stage of critical unworkability. It becomes unworkable to remain as a caterpillar. The programming cells take over the caterpillar and the destiny of becoming a butterfly begins. The caterpillar surrenders and it dissolves into a fluid that can be molded and shaped into a higher design that is emerging. Just like us at some point in our lives we surrender and allow a higher power to take over and transform us. The butterfly then moves out of its cocoon, or symbolically, its tomb. It's now ready to spread its wings and be lifted, somewhat like a resurrection, into a transformation of a higher design. Is that absolutely amazing?

I translate that analogy back to Easter as it relates to rebirth and many transformations that have occurred in our lives. These pictures were taken Easter Sunday, April 2, 1994. Karsyn had just turned one. Kevyn is three and Kendall is 6. Neenie bought these matching dresses for you just so we could go to church on Easter. Think about the birth of new life with you three. Think about how you have transformed into these gorgeous, smart, gifted girls. I think about myself and how much energy it took for me to get you where you are today. I think about this particular Sunday morning and the challenge of getting all three of you up, fed, dressed, and ready to go to church by 10:00 a.m. in addition to maintaining a balance so everyone is in a good mood. Trust me, when you have three children, you will realize the challenge of what appears to be the smallest of tasks being a significant event that takes a tremendous amount of energy. Every day can be considered a resurrection, a chance to wake up and be better than yesterday, and do things in a better way.

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Think about your dad's transformations over the course of his lifetime. How many times did he face internal chaos? How many times did he have to resurrect his spirit with the many challenges he faced? When I think about the number of times our relationship has been transformed and given new life, I am so grateful. That's what the Easter spirit is for me! Then look at you three, all so precious, just waiting to be transformed into the gorgeous women you are today.



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I then think about the spiritual transformation that our family has undergone. These three pictures were taken at Neenie and Pop's church. There was an Easter egg hunt. The pictures were taken way before I started exploring other New Thought spiritual paths. Just like a caterpillar, my going to Neenie's church, listening to the literal Christ story and resurrection, brought about an internal battle. I had the spiritual intelligence and the ability to imagine what is possible with an imaginal energy. It was that resurrecting spirit that wanted to come forth from a pattern of a higher source. It was an emerging spirit calling from a higher design and a higher dimension to come forth and be more open, more tolerant, and more hopeful. It was pushing me to emerge into something greater that I knew was better for us.

This is the new life and the transformation that happens in all of us. At some point in your lives there will be a transformation that occurs, a resurrection, then a new life. It's exciting to think about what that will be for each of you. You will be called to lift up to a higher order, to a higher level of being with the gift of life, and it may occur way out into the future. It may happen tomorrow. Easter is a reminder of a spirit that lives in all of us that is seeking to be lifted up. All we have to do is embrace it and let it carry us forward.



Whether we like it or not, Easter is imprinted in our psyche regardless if we believe it literally or not. It is part of our culture, heritage, and annual ritual. There is an energy that exists at Easter that reminds us of a resurrecting spirit that dwells within us all. Just as a caterpillar enters into a tomb and emerges as a butterfly, we wake up and become more aware of what we are being called to be. **Easter is a reminder of new life and transformation** and that's what we celebrate today.

I love you more than all of the days that I have left to resurrect in my lifetime - Love Mom!