

Greetings of Newness!

Coming out of Egypt and leaving our prisons of guilt are the moments of new life - new opportunities. What more appropriate visual metaphor can there be than a chick breaking out of its egg shell. Passover and Easter are available to us every day. In these days though, we have a lot of reminders that we can break out of our shells of inhibitions and emerge as new life.

First recognizing the territory of inhibitions that we dwell in through awareness gives us the motivation to crack through that shell. The territory of inhibitions may be relationship dynamics, or unfulfilled desires that we lack courage to achieve, or a distorted philosophy/interpretation imprisoning our true expression... Only in a quiet, nonjudgmental moment will our unconscious reveal the reality of our pharaohs to us. Once we are aware of the captor of our true being and fulfillment of joy in life, we can prepare ourselves for the journey out.

Knowing and wanting to get out creates agitation. Agitation creates movement. Movement disturbs the status quo. The status quo resists and pushes against us. When the going gets tough, the tough get going. Getting going takes strength and effort - endurance too. The chick is not out of the shell until she breaks completely through and steps away from the shell -leaves it forever. Those who followed Moses were having a difficult time leaving the shell of Egypt. It took forty years and a new generation to feel at home outside that shell. The process of breaking into new life requires all ones efforts and focus. All the old norms die away. Jesus spoke about this and finally broke through in conveying this message when he gave us a visual, tangible experience in his own death on the cross.

The message of breaking through into new life and the experience of it can come simply. Gaining awareness of our shells of inhibitors is the awakening. Getting going to make the changes is the process. Going consistently straight in the direction out of the old and into the new is the efficient way to reach the new quickly - within 3 weeks or even 3 days. Wavering back and forth can take 40 years or 40 generations.

Letting old die away makes new possible. (Thank heavens that my tulips, lilies and daffodils died last summer so that the new ones could bloom now in spring.)

New life can begin again and again. I look at my children every spring and see a new being in them. The newborn being was precious, yet I was happy when they could walk. The toddler being was so cute and entertaining, yet I was glad to get rid of the diapers. The preschool child was absolutely adorable, yet I felt so much greater fulfillment to have real conversations when their minds became very active. They continue to reinvent themselves every year into a new being. I hope that I, too, am renewing myself into a new being each year that brings greater joy and love into the world.

Passover, Easter and Spring remind us of new life. May we all break out of our old shells and step into the world as a new being. May we appreciate the new being in ourselves and others, as we do with our children. May we all bring greater joy and love into the world starting from within our own beings. In whatever holiday or tradition you express this newness, Happy New Being!

Suna Senman-Lane April 11, 2009