

Sunrise Contemplation - April 4, 6.53 am.

Welcome into this time of new beginnings. May we be fully present to the sacred mystery, ourselves and creation.

Prepare

In the shadow of the cross, the women stood at a distance, watching [John 23:49]

Be aware of your connection to the earth through the soles of your feet

Imagine being connected to the sky from the top of your head.

Rest in this sense of being held and supported between earth and sky.

Awaken

We watch for light to pierce the horizon: awakening once again to the dawn of Love.

Why do you look for the living among the dead? [Luke 24:5]

Practice deep seeing - look at light and shadow.

Awaken to the contrasts all around. Do you see life in death?

Receive

In receiving this new day - - - we encounter Jesus again

Be aware of the rhythm of your breath.

Feel the movement of the air on your face.

Receive the mystery of the sacred: enveloping, entering and animating you.

Release

Jesus said "Do not hold on to me" [John 20:17]

Walk slowly, pay attention to each step.

How do you feel walking at dawn?

Pick-up a stone, or piece of wood and release it.

Respond

Jesus came and said "Peace be with you" [John 20:19]

Listen, be aware of the sounds around and within.

What emotions are being stirred? How will you respond to the impulse of life?

Offer gratitude.