



## *Advent: Awakening to the Birth of Christ in the Soul*

Why is it that there is a constant danger of Christ becoming a remote and intangible figure unconnected with our daily lives and concerns? Because we tend to see Christ as an external figure outside ourselves.

Yet the only things which are truly relevant to us, which touch our lives at this center, are things which are internal, part of our very being, are always with us, incapable of being lost for any reason.

Christ is that which is most central and most internal in us. Christ is first and foremost a powerful force and agent of Love within ourselves. Christ is continually active within us and his power to heal and transform gives us a power to love that is practically unlimited. \*Smith, p.81 (adapted)

## *When we are rooted and grounded in the soul, Christ interpenetrates us. We become Love*

Advent invites us to encounter Christ as a living active force within ourselves, in the present moment. Rather than merely follow Christ, or believe in Christ, we are invited to become Christ, to become self-outpouring Love. We become one with him in the soul's Ground. Christ is one with whom we are already united, the moment we enter the Ground of the soul ... the moment we pour ourselves out in love.

### **This light is for the world** (Waterboys)

Send out from this wooden frame  
A beacon made of holy flame  
Like a bridge across the morning sky  
From candle to the hills of high

Send it out with sword of fire  
With cymbal, drum and angel choir  
Music in the heart of it  
Proclaiming that the lamp is lit

Bring it down from where the light is  
born. Deep into the world of form  
Loving, blessing, healing as it shines  
In darkened places, darkened minds



*How does this birth of Christ in the soul happen?*

*Is it a prayer experience—or something more?*

The on-going experience of the birth of Christ in the soul affects even our outer life, our physical life, including our feelings, imagination, and bodily sense. Eckhart speaks of light as shooting down into the lower powers (physical life, emotional life) when the on-going birth occurs.

### **Is it a prayer experience? A meditative experience?**

No, it is to serve God (Love) in whatever way the present moment demands. For Eckhart union with God happens in our daily lives, even when we are extremely busy. (Martha!). Eckhart invites us to "go out and yet to remain within." We go out—we live with others, do our daily work; we play. And we remain in union with Christ within. This path requires only our longing to live with limitless love. \*Smith, p. 90-98 (adapted)



## *Advent Practice*

Sitting in silence, sense Christ as a living presence and active agent of love within yourself.

As you end your silence, ask for the grace to become self-outpouring love in the way you live in the world.

Have a piece of paper in each pocket (I am capable of self-outpouring love. I am capable of self-centeredness.)  
Expect that this practice will include challenging tensions. (I will explain this when we meet.)