



I said to my soul, be still, and wait without hope
For hope would be hope for the wrong thing;
wait without love
For love would be love of the wrong thing;
there is yet faith
But the faith and the love and the hope
are all in the waiting.
Wait without thought
for you are not ready for thought.
So the darkness shall be light,
and the stillness the dancing.
T S Eliot, "East Coker," Four Quartets

Whether waiting for the birth of the Sun or the Son of God, advent is a time of waiting. Of anticipation, of preparation for the coming of the light that will radiate around the world and awaken the promise of life to come.

Today, I wait in the quiet of dawn suspended behind the darkness of night. Snow blankets the world outside my window. I wait.

He is coming, they sing. His birth heralded around the world by shepherds watching and three Kings drawing near. Angels we have heard on high.

He is coming.

And the world waits. It waits for a child to be born of Mary. A child for whom good tidings will ring across the land. Hail Mary full of grace. Your time draws near.

Draw near. Draw nearer my heart and let its beat call you into this song of hope. Sing loud this song of peace for all mankind.

Sing loud. Rejoice. Rejoice O Israel. To thee shall come Emmanuel.

Come. Come into my heart and let joy to the world resound with every breath. Let joy become me.

Joy to the world. He is coming.

Let us rejoice.

Believer or non-believer, Christian, Buddhist, Jew, Muslim. No matter our faith, let us rejoice in this prayer for hope, peace, love and joy in our world.

Let peace become us. Let there be peace among us. Let there be peace.

[Audio File for Week 1](#)

Reflections:

1. As we wait in anticipation for the coming of the Christchild, for the turning of the seasons, for dark to become light, what are you carrying in your heart?
2. Where in your daily life can you make time for the sacred nature of your essential being?
3. What can you do this week to make peace in the world around you, in your life, in your heart?
4. During the meditation, what arose in your heart? What did you want? Feel? Know? How can you give your heart what it is asking



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As thoughts and ideas, as images, visions, emotions arise throughout the week, take time to write them down, to capture them. Don't judge them. Just collect them.

If you wish to share, or ask a question, or explore an idea, please feel free to email me at:

louise@louisegallagher.ca

I look forward to your feedback and to being with you throughout the week as we journey through this holy of holy seasons together.

Namaste.

[Audio File for Week 1](#)