



## Awakening Now

**Why wait for your awakening?**

**The moment your eyes are open, seize the day.**

**Would you hold back when the Beloved beckons?**

**Would you deliver your litany of sins like a child's collection of sea shells, prized and labeled?**

**"No, I can't step across the threshold," you say, eyes downcast.**

**"I'm not worthy" I'm afraid, and my motives aren't pure.**

**I'm not perfect, and surely I haven't practiced nearly enough.**

**My meditation isn't deep, and my prayers are sometimes insincere.**

**I still chew my fingernails, and the refrigerator isn't clean.**

**"Do you value your reasons for staying small more than the light shining through the open door?"**

**Forgive yourself.**

**Now is the only time you have to be whole.**

**Now is the sole moment that exists to live in the light of your true Self.**

**Perfection is not a prerequisite for anything but pain.**

**Please, oh please, don't continue to believe in your disbelief.**

**This is the day of your awakening.**

**— Danna Faulds**

This is Christmas Eve. The last breath before the arrival of a child for whom the world has waited in breathless anticipation. It is in this space of holy expectation that we breathe into the possibility of hope, peace, love and joy for all the world to know and experience and be and feel.

This is the time of our awakening.

Of breathing in and out and with each breath awakening to all that is possible when we let go of our differences and step fearlessly into the shared experience of this our human condition, alive and breathing on planet earth.

In silent awe, let us take one huge collective inhale and draw in the magic of this moment unfolding. And, with one shared exhale let us open our hearts to the miracle of birth, the wonder of our lives, the magnificence of our being present in a world where we hold in holy reverence the sanctity of every life here on earth.

This is Christmas Eve. For some, it is Christmas already. For others, the sun has begun its ascent out of darkness into day. And for others, darkness still embraces the earth as we wait in breathless anticipation, the coming of the day.

We have journeyed far. We have traversed the distance, stepped timidly through the dark, leapt fearlessly across the night into day where we see, our eyes wide open, our arms flung wide apart, our spirits strong,

that this, this place of holy expectation has given birth to all that is possible when we let go of fear and surrender joyfully to Love.

Our waiting is almost over. The moment draws near. The holy appears like a light of hope upon the horizon. Let us rejoice. Let us sing out Hallelujah! Hallelujah!

O Holy Night!

A Child is born, let us rejoice.

As you travel through your day, make room for the sacred. Make space for peace, hope, love and joy to consume you and devour you. Make time to pause, to stop the last minute preparations, to put down the ladle and the spoon, to let go of fear and anxiety and sadness and give space to the sacred. Sit with the ones you love and tell each of them, one by one as you look deeply into their eyes, "The gift I see in you, is...." and then share a gift of their essence in your life.

For me, the gift I see in you is your willingness to turn up here with me throughout this Advent celebration as we explored this time of waiting, this time of becoming present to the darkness and the light of hope, peace, love and joy in our world.

Your presence on my path has added light, healing, joy and beauty to my world and I thank you. Namaste. Blessings to each of you. May this, the night before the dawn breaks on Christmas morning, be filled with peace, hope, love and joy.

May you celebrate the wonder and the miracle of you. May you know your magnificence and be inspired to live in light and love, always and all ways.

## [Audio File for Week 4](#)

### Reflections:

1. As the dawn of Christmas day breaks, what are you carrying in your heart?
2. What are the gifts you are most thankful for in your life?
3. What gifts do you see, and celebrate, with those you love?
4. How will you shine today?

