

# A Metaphysical Piñata

## *Things to Remember*

**Advent** is a journey of faith and introspection. It's a time to prepare for **spiritual rebirth**. As we celebrate the birth of Jesus, we also celebrate the birth of our awareness of the Christ Spirit within, so we can become a greater expression of the divine in all that we do.

We celebrate Advent for four weeks. Each week represents a gift to be opened and these are: Hope, Peace, Love and Joy.

Today we light the third candle of Advent representing the abiding Love in every one of us.

Love like the other three gifts cannot be understood with our mind it can only be experienced. Love is an inner gift; Love is part of our essence; Love is our true nature so to feel Love we need to be present to ourselves.

The baby in the manger represents the birth of the man called Jesus, but the important part for us, is that it also represents the re-birth of that pure Love who lives inside of us

Jesus tells us through the gospel of Tomas: "**If you bring forth what is inside you, what you bring forth will save you.**" What we have inside is that perfect love that transforms all your circumstances in front of your eyes.

Today we are in a fiesta, we are in a Mexican Christmas celebration and today we will have the opportunity to liberate that love in communion with each other.

Pope John Paul II once said, "**The worst prison you can be in is a closed heart.**"

**When we open our heart we allow the love that gives us life to flow through us and then we are born to a new life.**

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