

# In My Happy Place

## *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 second candle of Advent representing the abiding peace in every one of us.

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

Peace is not the absence of trouble. Peace is not something that you hope for, or something that you impose or something you can obtain. Peace is something that you allow to happen inside yourself. Peace is an inner experience. We need to go from **having peace**, which is impossible, to **being peace**.

Lesson 34 in the Course says: **"I could see peace instead of this"**

The idea for today begins to describe the conditions that prevail in the other way of seeing. Peace of mind is clearly an internal matter. It must begin with your own thoughts, and then extend outward. It is from your peace of mind that a peaceful perception of the world arises.

This week of Advent I invite you to imitate Jesus and develop this consciousness of peace. Go apart for a while during the day, get centered in that absolute peace and declare **"The father and I are One"**.

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