

# The Spiritual Journey of Advent

## Supports for Your Journey

### **An Advent Journal.**

Use a physical or digital journal dedicated to this contemplative pilgrimage.

### **An Advent Wreath.**

You can make a simple Advent wreath with five candles and candleholders (or a plate if you use votives). Instead of hanging on a mantle or door, the Advent wreath sits on a table, altar, or another flat surface. One candle occupies the center of the circle; this represents Christ Consciousness. Four additional candles form a circle around it. In the Christian tradition, depending on the particular denomination, the four candles are specific colors—often three purple and one pink signifying qualities of the journey. The central candle is usually white. Feel free to choose the colors and qualities that will mark your pilgrimage, such as blue for willingness, purple for devotion, yellow for surrender, and so forth. Pray about it. Write about it. Decide what the four markers of your journey will be. If you are a Kriya yogi, you can draw from the yamas and niyamas—nonviolence or compassion, truth, purity, contentment, surrender, or any that are right for you at this time.

Traditionally, one lights the Christ candle at the conclusion of the journey—on Christmas Eve or Christmas Day. However, I have found it useful to kindle it first, each time a new week begins, as a reminder to me of the omnipresent Spirit ever guiding my journey. Light the candle from the previous week or weeks before illuminating the one for the new week. All the lights will burn bright at the conclusion of your journey.

### **Nativity Images.**

If you have a nativity set, this is the time to get it out and set it up where you can see it. If it is not something you have, you don't need to purchase one. There are many images of the nativity in artwork that you can access on the web. Search and see what captures your attention. It would be useful to print one out and place it in your journal to look at with each day's contemplation.