



Frère John Martin Sahajananda

The season of Advent

Dear Friends,

We are going to enter the season of Advent. The season of advent is the season of nourishing, season of waiting. A farmer sows seeds, nourishes them and waits to reap the harvest. From the time of sowing to the time of reaping is the season of advent. A woman becomes pregnant, nourishes life and waits eagerly for the birth of a child. From the time of conception to the time of giving birth is the time of advent. St. Paul said that the whole of creation is eagerly groaning to give birth to the sons and daughters of God.

The purpose of creation is to give birth to the sons and daughter of God. We can say that the whole evolutionary process of creation is the time of advent until a person realises to be a son of God or a daughter of God. We can experience the season of advent only if we have sown the seeds of divine within us, when we have become pregnant with the seed of God. Seed of God is the attribute of God. God has infinite attributes. We need to become pregnant with the attributes of God, nourish them and give birth to them. Without conception there is no season of advent.

During this season of advent we can choose one attribute of God, like kindness, compassion, unconditional love, forgiveness, friendship etc., which one feels close it and nourish it. One can take a small plant and name that plant with one attribute of God and pour water and manure everyday. It is the symbol of nourishing that attribute within oneself. And on the day of Christmas celebrating the birth of that attribute (Christ) within us.

If everyone becomes pregnant with the attribute of God then we can look forward to give birth to God. Then the angels will appear and sing: Glory to God in the highest and peace to the people on earth. This is the tremendous hope and opportunity that the season of advent gives us. I wish you all a happy advent season.

Br. Martin Sahajananda.