

Our Suggestions for Enhancing the Listening Experience

We make the following suggestions to support the best experience when following along with our LIGHT IN ADVENT recording.

- Find a comfortable setting to listen and practice, with a minimum chance of interruptions, noise, and distractions.
- Intentionally create a sacred space – have whatever you may need nearby to support your practice (meditation cushion, water, etc).
- In Part 1 we provide a simple candle-lighting process and also guide a contemplative writing practice. Have a candle and journal or paper available if you wish to participate.
- We invite you to engage wholeheartedly from wherever you are watching, just as you would for an in-person group event – even a recorded virtual experience can be very potent when we bring our attention and intention to be fully present.

We hope you find this a meaningful and deepening Advent season.

Be sure you are signed up to our email list to stay informed of future events and offerings by The Contemplative Society: contemplative.org