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Image by Lucy

Have patience with all things, but first of all, with yourself
FRANCIS DE SALES

Dearest friends

As a child, I was reprimanded more than once for not being patient. When I look back on my life, I can see the many times I was not patient. But what exactly does that mean, to not be patient? To be impatient?

I've now come to understand that the bud of patience has two prominent petals – one of faith and the other, of attending to the present. Let me explain what I mean.

Faith is that inner sense of assurance, of abiding in the knowledge that Life is always on my side, is always supporting me through its natural flow. All my true desires (not cravings) are impulses of Love which, when I give Love permission, will guide me to their inevitable manifestation.

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In the meantime, secure in this faith, in this abiding, I am free and willing to attend to whatever is happening right here and now, and I do so in an earnest and complete way. By that I mean, I don't regard what I'm doing right now as a time-filler, as something I'm preoccupying myself with till the real magic happens, till my true desires manifest. That would be a total dishonouring of my life, for as I've often said, Life doesn't happen from highlight to highlight, from big event to big event. Oh no. Life happens moment to moment, each moment as significant as any other.

The sometimes inconveniently insightful psychologist and Jesuit priest, Anthony de Mello, said:

***When there is nothing to compare it with,
each moment is perfect***

So, when we give our sincere attention to whatever is at hand, intentionally doing the best we can, while having faith that Life/Love's impulses within us i.e. our true desires, are destined for manifestation, that's when we are patient.

Many of us measure patience in terms of how long we are prepared to wait. Patience is never about time. Rather, it is about attitude which is expressed as faith and our willingness to earnestly attend to whatever is present here and now.

You see, you might think you've been patiently waiting for 5 years or 6 months or a whole day for something to manifest (e.g. a job, a partner, the tradesman to arrive). But have you been attending earnestly and lovingly to the events of each day with faith? Or have you been feeling frustrated? Losing faith by constantly questioning Life and dabbling in doubt? Dwelling in disappointment? Or being resentful?

If you have faith, there is nothing to 'wait for'. There is simply the arrival of that which you had intended. And if you aren't attending to the here and now, then you're likely to let life pass you by as John Lennon observed:

Life is what happens to you when you're busy making other plans

So, are you patient?

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Tuesdays 6pm and Thursdays 11am Brisbane AEST time

Contemplate

Patience is the key to everything. You get the chicken by hatching the egg, not by smashing it.

ARNOLD H GLASGOW

If the only prayer you ever said was 'Thank you', that would be enough - Meister Eckhart

What can you be thankful for right this moment? Even if it doesn't seem to benefit you directly?

Right now...I am thankful for *the Infinite Intelligence that puts loving desire in my heart*

Prayer for the World

I rest in the truth of God, of Love, of Life itself. I rest in its Infinite Knowing and Infinite Wisdom. I take the time to allow the noisy, fearful, discursive mind to settle in the bliss and peace of my true nature. I do this so that I can experience the very nature of God, of Love, of Life, which brings all things into being in perfect time and

order, not a moment too soon or too late. In this truth, I know I need not worry about anything. I know that all that I deeply and lovingly desire will come into being in perfect time and order as I go about my moments, hours and days living the fullness of my true nature.

**You are loved. You matter.
Life recreates you moment by moment!**



If you'd like to find out about working with me in a Mentoring program, in Self-Awareness and Empowerment workshops, or would simply like to receive my weekly emails, please contact me [HERE](#).

This weekly message was produced by Lucy at
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