

WEEK 20 PATIENCE

*“A great leap forward sometimes requires two steps back” –
Obi-wan Kenobi*

Patience is a virtue. How many times have we heard it? The times we want to jump the gun and rush headlong into something without a second thought. We cannot stand waiting for anything we think worth having now. It can take real presence of mind and self-discipline to take a step back and patiently wait.

Patience is what we exercise when we listen to people when we want to speak. It is being able to sit when we want to stand. Being patient is willing to wait for our turn and graciously letting others go before us. Patience is accepting that things often happen in their own time and we must allow for that

If you have made it this far in this journal you have a degree of patience. You have put the work in and applied self-discipline. Every day, or as often as possible, you have done your daily practices. This means you have put aside time to meditate, exercise, read and practice mindfulness and awareness.

The rewards for the effort you have put in may not be visible or even apparent to you. Trust me, you have changed in subtle ways that may not be obvious to you, but they will be to others. A downpour runs off while a long gentle rain soaks in.

You may have noticed that along the way you have become more patient with yourself and as a result more patient with others. The things that used to bother you about your loved ones and friends may no longer be such a big deal. You may also notice that you have started to accept things much easier than before.

Patience is not only a virtue it is rare asset to have these days. For a Jedi it was a professional necessity. Jedi training and advancement took decades. On missions, Jedi were expected to be prepared for action, but they were also expected to endure long periods of waiting and preparing to move. The Jedi were skilled in choosing the right moment to act even if it meant conceding gains to the enemy. The Jedi always took the long view and resisted acting on impulse. This required patience.

The fiery impatience of Anakin reminds us that decisive action is sometimes needed but often patience is the best course to take. Anakin was a brilliant tactician but lacked the patience to make decisions that were not affected by his own personal bias and coloured by his subjective emotions like anger and fear. Obi-wan Kenobi would admonish Anakin to slow down and be patient, something which his friend and apprentice resented.

Luke Skywalker inherited his Father's impatience but with time learned to take a breath before acting on his impulses. The word patience comes from the Latin "to suffer". Every time Anakin or Luke showed impatience for their situation, they suffered.

Why should you suffer from impatience? Be patient with your progress. Improvement will come if you apply effort.

Be patient with others, they may not be at the same stage in their life as you and deserve the same regard that you would expect for yourself from those farther along than you. We all share the same path; we are just at different stage of the same journey.

Be patient with the situation you find yourself in, whatever it might be. We are mostly impatient with the things we cannot control. Remember to distinguish what you can control with what you cannot. Focus on the things you can control.

Most importantly, be patient with yourself. You also have the right to falter and make mistakes. Identify, rectify, and improve.

DAY 134

“Patience my young Padawan.” - Yoda

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 135

“I cannot teach him. The boy has no patience.” - Yoda

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 136

“The boy will learn patience.” – Obi-wan Kenobi

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 137

“Patience Master! Patience!” – Ahsoka Tano

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 138

“Patience, Anakin. There's more than one way to skin a womp rat.” – Obi-wan Kenobi

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 139

“I say . . . patience.” - Anakin

“Patience! That's your plan, is it?” – Obi-Wan Kenobi

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 140

*“A great leap forward sometimes requires two steps back.” –
Obi-wan Kenobi*

Today I am Grateful for:

Morning Contemplation

Evening Reflection

WEEK REVIEW

Reflect on your daily practices and personal goals for the week.
How did you do? Where can you refocus your attention?

Meditation:

Physical Exercise:

Diplomacy:

Awareness:

Self-Discipline:
