

Here

comes

the sun

Many are surprised to discover that patience is considered one of the most profound indicators of enlightenment. It is also the least understood. Patience is a lot more than knowing how to count down before you blast off at someone or something.



Patience is about being without expectation, yet knowing that what eventually comes is love. It is about the purification of desire, and moving beyond an attachment to outcomes. This means being goal-oriented without being dependent on the goals themselves being reached -- which seems like a contradiction in terms.

It's not wrong to anticipate, hope or dream. These are necessary, yet must be achieved without conditions of expectation. As soon as you expect something to come into your life within a certain time frame, you create an urgency that pushes it away.

Urgency happens when you glimpse a possible future, lasso it and then try to drag the present moment into the future. Urgency takes you out of the moment because it's fear-based and fear repels. It is important to settle into the "now" moment and enjoy the journey. More often than not, reaching a destination merely opens a doorway to yet another journey.

I ran on urgency for a big chunk of my adult life. I had a faulty program running that went something like, "get in, get the job done and get out." I thought I was being efficient. Instead, I was in a constant state of low-level anxiety and completely oblivious to it. The stress eventually burnt-out my adrenal and thyroid glands. I then had to spend the time I had saved being so efficient, healing from it. I had been driving myself from what I thought I wanted, and that bore little resemblance to my purpose and what I had really come to do.

The classic example of urgency is where couples desperately want a child and try everything to no avail. They finally give up, adopt a baby and not long afterwards, the woman falls pregnant and the couple have a child of their own.

Every coin has a flipside. In the case of urgency it is procrastination, which is also driven by fear; the fear of failure, disappointment, criticism, or, ironically, success and the responsibility that comes with it. Once again procrastination is being out of the now moment, but this time lagging behind it and dragging your heels all the way. It feels like driving around in your car with the brakes on. A little tip on procrastination is to remember that the karma of non-action is far greater than the karma you might clock up from having a go and messing up. There is a wealth of learning that comes from cleaning up a mess which usually creates a mini-enlightenment.



Both procrastination and urgency take you out of the now moment, one lets you fall behind yourself, the other pushes you ahead of yourself. Neither displays any resemblance to patience - - but both indicate you are off the sweet spot.

Being on the sweet spot is the best way I know of

describing what it feels like to be in the now moment. “The sweet spot” was originally a sporting term used to describe the place on a bat, club, racket, or paddle where it is most effective to hit a ball. We all remember times when we were in the flow, where there was no pushing or lagging behind. Everything happened effortlessly without having to force or try, and there were no nagging survival issues demanding our attention.

Flow is created by the choices you make in the moment, and in previous moments, which magnetically draw forth a desired possible future. To be able to work effectively in this fashion, you need to own the fact that you’ve created everything that you are currently experiencing. If you don’t, you fall into the category of a being a victim.

Victimhood occurs when you selectively accept that you have created some of your reality but choose to blame others for the rest. At best, you will only be able to draw forth fragments of your desired reality.

What you are attempting to create in this now moment must be aligned with your purpose in order for your soul energy to fully support it. This means taking the negative ego out of the equation to the point where you're prepared to accept your purpose without any buts or conditions. The task then is to embrace one-pointedness without stubbornness, which means integrating adaptability.

One-pointedness is where you stick with one thing long enough to achieve success without getting distracted by the myriad of possibilities that present themselves. Adaptability is the ability to be flexible in embracing necessary change without resistance. This way you are focused on achieving something but not like a bull with its head down, just charging and pushing everything out of the way.

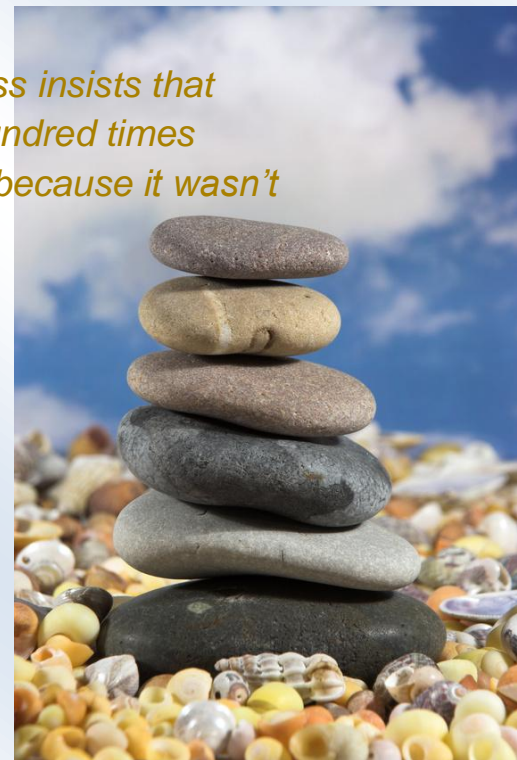
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While I was urgently pushing my ego's agenda, I was also stubbornly procrastinating on my real destiny. Despite the fact that I was getting lots of signs that I needed to make some radical changes in my life, my mind doggedly held on to the ideas of building a business, making money and being really successful. I held on so hard that I didn't consider tuning into to my purpose to ensure that it was actually the right thing for me to do. I stubbornly kept pushing against the flow.

Persistence works alongside patience to help you to stick with the commitments you have made long after the initial excitement and enthusiasm has disappeared. Persistence is the determination to strive to achieve your goal. It is what keeps you going.

Patience is the wisdom behind persistence. It guides you to make choices which are aligned with your purpose. It cautions you to focus your efforts on what you can change, while teaching you to accept what you can't. It supports you when circumstances seem discouraging. Patience understands that timing is everything and waits in readiness for conditions to be just right. It understands that if your intention is clear and your motives are pure, then it's only a matter of time until the time is right for things to eventuate -- especially when a goal appears distant and



difficult to reach. Rest assured that if you can hang on long enough, time will create the conditions in which you can succeed.

Patience and persistence come together to create a space which allows your goal to manifest when the universe feels the timing is right. Together they plug you into a channel with the universe which feeds you step-by-step instructions on how to navigate towards that goal. They show you what skills to develop, and they guide you towards the people and places that will play a part in the manifestation of that goal.

Patience also shows you what to remove from your life to allow the goal of your own evolutionary growth to occur. You can't expect to embrace the new when you are still hanging on to outmoded behaviour from the past. To embrace the new you need to clear out the old. The new needs space to take root in.

Patience wins out in the end because it is fuelled by source, so has infinity on its side. Impatience is an expression of your ego and is fuelled by fear so it will run out of energy because the ego runs parasitically off your psyche.

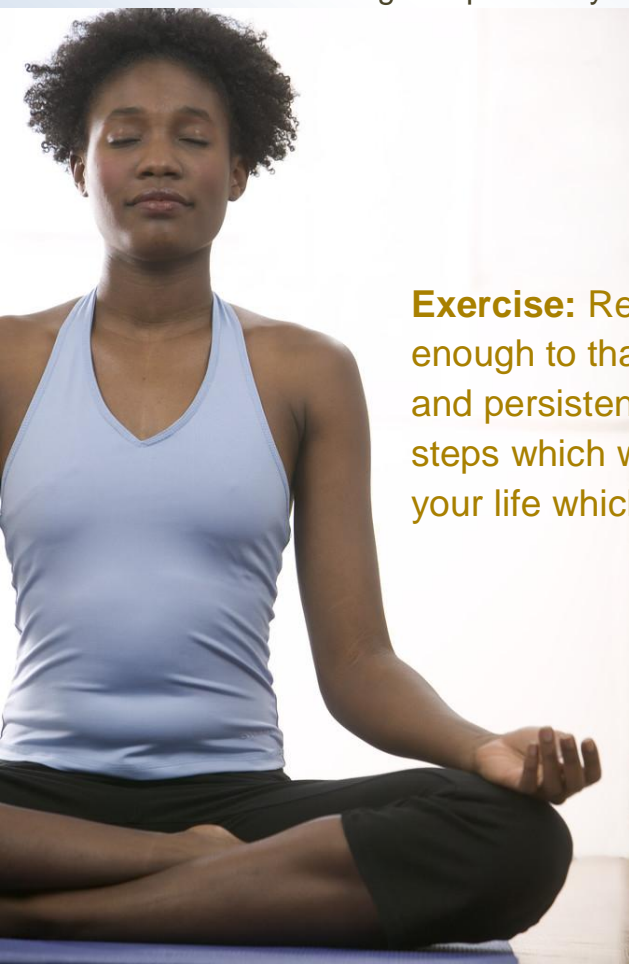
Just as a seed needs sunshine, water and nutrients to grow, so do your goals. Patience is the sunshine, persistence, the water and your commitment provides the nutrients. They work together so that you can manifest anything. It may however be a while before the timing is just right!

Integrating patience brings with it a calm assurance that contains love, acceptance, understanding and possibility. It inspires a graceful stillness and an ability to face

challenges with enthusiasm. It gives understanding of the bigger picture, which takes away the need to sweat the small stuff. It creates a deep knowing that everything unfolds with divine love in divine time. So push back the clouds and make way for the sun...

Exercise: Re-commit to something you are not really giving enough to that is in line with your destiny. Meditate on patience and persistence. From your new knowing, plan daily and weekly steps which will allow you to create and nourish the conditions in your life which will allow you to blossom when the time is right.

Life is a series of natural and spontaneous changes. Don't resist them -- that only creates sorrow. . . Let things flow naturally forward in whatever way they like - Lao-tzu



The inspiration and concepts for this article has been taken from the teachings of Michael King and The Insight Foundation. To discover more about this work go to www.theinsightfoundation.org.au or www.globalcoach.net.au

A great CD to listen to that will assist you to deepen your experience of patience is MK35 Integrating Patience by Michael King. Go to www.globalcoach.net.au to purchase this CD

Jennifer Parker



Jennifer Parker is a woman of the world. She has had many adventures, from riding across the Nullabor (the stark, treeless plain between Perth and Adelaide in southwestern Australia) to sailing half-way around the world on a yacht. She has had many careers, including a design business in London, England where she lived for 13 years.

Currently, Jenny is a Bowen Therapist, a Life Coach and an Ascension Mentor in Perth, Australia. She's passionate about all aspects of the ascension path, especially uncovering psychological clarity in self and the annihilation of the negative ego, and helping others to do the same.

Jenny's vision is the transformation of humanity to compassion and joy, and the restoration of planetary health. She shares that, "My mission is to fully embody heart mastery and wisdom on all levels of my being, and to inspire others to do the same." Jenny loves belly dancing, walking, going to the gym, writing, and exploring new territories on the inner planes. In her own playful way, she creates laughter and a brighter outlook where ever she goes.

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