

Tools for Living Free

NUMBER 23 IN THIS ONGOING EDUCATIONAL SERIES

Practicing Patience

Excerpts and quote from the Satsang, "Patience: Its Importance And Care" TAPE A47

"What is patience about? We could back into it; I've backed into it many times by going, 'what's the big hurry? We're all going to the same place, the body is going to the same place, it's going to the cemetery after it's served its use, the Soul is going Home to God this lifetime, next lifetime, forty lifetimes, whatever, we're all going the same place, what's the hurry?'"

"And what are we teaching here in terms of basic selves learning discipline or whatever. More important, what's the discipline about? The discipline is being a disciple. And what are you a disciple of? But the Spirit you are, and that takes patience to grow It. You know the baby grows nine months - sometimes as painful as it is, as much as a hormone factory women are at that time, and they want to hold the baby in their arms - they tend generally to be overridingly patient with the whole process. Guess what God does in terms of us as Souls? He's as patient as we need Him to be."

"And many of us turn patience into a negative thing like long-suffering or unfortunate, you know, 'I've got to be patient because this is arduous.' There is always a kind of Myth of Sisyphus going on here, where 'I'm going to roll the rock and just as I get to the top of the hill it's going to fall back.' One of my favorites is, 'Dr. Lane, when is this going to end, when is it going to be over?' Which is a really crazy and arrogant question. And it's crazy because guess what? If it were Spiritually correct for it to be over, it would be over. And it's so arrogant because it turns you against the Spirit you are; it makes God wrong, it makes the Spirit inside of you wrong. It's over when it's Spiritually correct for it to be over. It's not going to be over before. It's not going to be over before. When Grace moves upon something or the karma you're holding, it's Spiritually correct at the time that It does that. So all the worry and all the upset about when, when, when, is nonsensical and crazy, but it's also crazy for another reason. One of the things that a Soul is doing is that It is learning to identify with the Spirit that It is, with the Soul. It's learning Its True Identity. And it's through the gift of the Sound Current that the Soul is able to do that. So as soon as someone walks around going, 'well, when is it over and when is it going to

stop?' you drop down into time and as soon you've dropped down into time, you've dropped into karmic fields and you've dropped into illusion. And with that comes the usual goodies: pain, hurt, separation, difficulty, and attachment, just attachment.

"So, another importance of patience, if you can't honestly attach it to your heart lovingly to be with God - because that's the only attachment of any consequence: the attachment to God in your heart-and even that attachment will be taken away, but start with that. So it's choosing God each moment. But if we can't come to it that way, then at least let's back into it. Let's back into it by 'my God! if we get into when is this going to be over' or being impatient then we enter time, then we enter the pain of karma. But the First Law of Spirit is acceptance so if you can accept it, you don't have to like it, a lot of things I don't like. Matter of fact, most things I don't like. But I accept them, and if I accept them, guess what? I'm neutral with them and it becomes easier for it to be moved off me. So patience consists many times in being neutral, in not being hurt. And who's the one hurting you but you by trying to get rid of it, by trying to fight your way out of a paper bag, by trying to get the mud off of both hands with either hand. You can't do it. And then you walk around feeling like you shouldn't have the mud on both your hands. But why not? Why not? And in the process coming to know Itself as Spirit and loving God - that's a nurturing process. It is a nurturing process and that really needs to be the only time that focus is on time; in other words, take the time you need."

"When we practice it allows us to be centered, it allows us to be neutral, it allows us, as it were, to take off our shoes, take off our pocket books and get away from our worldly identity and from our thoughts, and from our feelings and just be centered in the Spirit we are. Patience is a gift. The nice thing about this gift is it gets better with use and we need to keep practicing it, practicing it, practicing it. And some of us we think we're being patient if we kind of over-indulge ourselves. In other words, if we keep allowing things, 'well, I'm going to be patient with myself in moving beyond this'. And we say, 'okay, I'll be nice and kind

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to myself and I don't want to judge myself, so I'm going to let myself have four-thousand-three-hundred-and-twenty-two years to get past this'. When some part of the consciousness knows that if I'm really, really holding steady, I can move beyond in a flash or I might be through it in a week. Or if I practice giraffe consciousness, it might take a month, maybe two months. So some of us tend to misuse patience and allow ourselves to indulge in it and whatever the attachment is. You need to watch that. But if you're staying in the Center in the Spirit of who you are, guess what? Time doesn't exist and it (karma) moves off when it moves off. So you don't even have to, in the guise of being kind to yourself, indulge yourself, you just stay present."

"And it's really interesting too, because a lot of people come to me and they say, 'I should have done this, I should have known that.' They're full of judgments about themselves. There's a hundred per cent correlation with judgments and not knowing what the heck is really a: going on but b: the way it's really supposed to be. It always comes out of that, so judgments are a good clue of not practicing patience. If you have patience then guess what? Yeah, you work it this way, you learn about it, you apply it; you learn some more about it, you apply it; you learn how to apply it even more; you learn how to apply it better; you learn some more, you try to round it, you expand it, you grow, you go beyond it, you apply it some more and you keep working it. And it's a process. It's

a real process because mastery of things of the Spirit takes time."

"And when we practice patience guess what we're doing? We're practicing our power, the power to be beyond our circumstance, the power to live with God while we're in the body."

"The important thing is it's an opportunity. Patience is an opportunity to nurture ourSelves, it's an opportunity to know ourSelves, it's an opportunity to love ourSelves and it's an opportunity to accept right where you're at."

"So patience is being present, giving yourself what you need and what you need is the Spirit that you are, in every case, that's how it is. And the impatience comes from what? Forgetting. It comes from forgetting a simple fact, that God lives in you as you. Try being impatient while you remember consciously that you are Spirit. Try it some time.

"So let me just conclude by saying that patience is a gift, an opportunity to be present with God, with yourSelf, to nurture yourSelf, to love yourSelf, and sure feels a lot better than being impatient. You need to take a framework of seeing yourSelf as God sees you, which is as Soul, as Eternal, beyond time, beyond space and He gives you all the time you need, He gives you all the time you need to come to the realization that you and God are the same. So take the time, be patient, be patient with yourSelf on all levels because on all levels, there's only one thing and that's God."

Step-by-Step

Here's a quick reference list for daily practice.

Please refer to the articles for complete information.

1. Call in the Light of the Most High. Say, "Lord, God send me Your Light."
2. Say, "Lord, God bring forward any attachments I might be holding on to."
3. Say, "Move me into acceptance of those attachments."
4. Now accept your power to move beyond your circumstances and time and space by being Present with God.
5. This is the practice of patience, neutrality, and acceptance and being centered in the Spirit we are.
6. Gift yourself the Gift of Initiation into the Sound Current in *this lifetime* and Know yourSelf as God Knows you.

Case Study

Lately, one of the most important things I've been learning is Patience. I've wanted a career change for about 3 years. I have asked God for this change for the Highest Good and lately my inner knowing is that this change is here for me now - now is the time for me to move into this chapter of my life that I have very anxiously awaited. Well, I took this "information" and I started looking into another career which wasn't actually what I wanted to do ultimately but it would be a nice interim to get me out of where I currently am. I actually looked into this other career as a way of insisting that I have the change immediately and, as I later realized, out of fear that the change I wanted would really not manifest.

I got the new job and, as I began to take the steps to move into it, obstacles began to surface: conflicts with other things that I really love to do, financial conflicts, etc. The time frame for me to make this change kept being extended because of logistical considerations. And, as I began to let go inside myself of how I

thought things had to be, I realized that my inner truth was to wait and be patient. The change I really want is to be a mother and have a successful music career and it is not in moving into this new job. All I have to do is be patient. Wait. Hold steady inside myself with my inner knowing by being present, being patient, loving God and trusting myself - that I do know what I need to do - regardless of what things look like out in the world and that it's okay for me to have what I truly want in life. I've learned that I don't have to insist upon things. And I don't have to make everything happen because when I ask God for something for the Highest Good God *does* handle it. Being patient for me means being quiet by not running with all the thoughts and the feelings and the doubts that pass through me. And just allowing all that is needed to be revealed to me. Patience is a very active process - full of loving, gentleness to let where I am right now be okay. And living in the knowing and trusting that I am okay, that I am supplied and that I am known and heard by God. Right now.

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