

## Mind the Moment.

*Patience is the quiet trust that each moment is already enough,  
and that life unfolds at its own perfect pace*



Patience is a form of  
Wisdom. It demonstrates  
that we understand and  
accept the fact that  
sometimes things must  
unfold in their own time.  
— Jon Kabat-Zinn

The attitude of patience simply suggests that we understand and accept the fact that sometimes things must unfold in their own time. It's an alternative to the mind's restlessness and impatience.

Take a look at that fern frond in the image. If we were to be impatient for it to unfurl and decided to help it along, what would happen? We would break the plant! All that new growth would be ruined. Now you see why sometimes we need to accept that things must unfold in their own time.

The mindful attitude to patience is the practice of meeting each moment with openness, calm, and non-resistance. It invites us to let experiences unfold without forcing outcomes or reacting impulsively. By observing thoughts and emotions as they arise, we learn to stay present rather than rushing to escape discomfort. This attitude encourages trust in the natural pace of life, allowing space for clarity to emerge. Through mindful patience, we cultivate steadiness, compassion, and a deeper understanding of how experiences evolve in their own time. *Patience becomes a presence itself.*

### Practicing Patience

Practicing patience involves intentionally slowing down, noticing our internal reactions, and choosing to respond with steadiness rather than urgency. It can mean pausing before speaking, breathing through frustration, or allowing others the time they need. By repeatedly returning to the present moment, we strengthen our capacity to remain calm and grounded. Over time, this practice builds resilience and reduces the tendency to be overwhelmed by stress or expectation.

### The Mindful Attitude to Patience and Wisdom

The mindful attitude to patience supports the growth of wisdom by helping us see situations more clearly and without haste. When we resist the urge to rush, we allow deeper understanding to emerge naturally. Patience creates space for reflection, insight, and compassionate discernment. Through this spacious awareness, wisdom is not forced but revealed, guiding us toward actions that are thoughtful, balanced, and aligned with our values.

### An example of how mindfulness patience can be weaved into everyday life... The Joy of the Call Centre.

Phoning a call centre is rarely anyone's idea of a pleasant afternoon. It usually begins with the familiar, chirpy robot voice insisting you listen to an endless list of options you absolutely *don't* need. "Press 1 for billing, press 2 for technical support, press 3 if you'd like to hear these options again..."—as if anyone has ever willingly pressed 3. By the time you've jabbed the correct number, you've already aged slightly.

Then comes the hold music: a tinny loop that sounds like it was recorded underwater in 1998. You wait. And wait. You begin to ponder life's deeper mysteries, such as whether the person you need actually exists or is merely a rumour whispered by other weary callers. Just as you consider giving up entirely, someone finally answers—usually at the exact moment you've put the phone down to make tea.

**Mindfulness**, fortunately, offers a gentler way through this ordeal. A few slow breaths can settle the rising irritation. Noticing the absurdity of the situation can even bring a smile: after all, you're sharing this universal human struggle with millions. And remembering that the person on the other end is simply doing their best, helps soften the edges. Patience, a touch of humour, and a steady breath or two can turn even the most torturous call centre saga into a small practice of acceptance... as it can with many other of life's frustrations. 🌸

## Closing thought...

Patience grows when we slow down, breathe, and meet each moment as it is. Mindfulness helps us find calm in life's frustrations, appreciate nature's steady presence, and stay connected with family and friends. With humour and awareness, everyday challenges become opportunities to pause, soften, and respond with kindness.

## The Perks of Patience

I tried to rush through life one day,  
But everything got in my way—  
The kettle sulked, the bus was late,  
My toast flew off my breakfast plate.  
So I took a breath (a mindful one),  
And suddenly the world looked... fun.

With patience, even queues seem kind—  
A little holiday for the mind.  
I watch the world, I breathe the air,  
And notice trees just *standing there*.  
Nature whispers, "Slow your pace;  
There's plenty beauty in this place."

My family test my Zen at times—  
Their chaos rhymes with my deep sighs.  
But pausing first before I speak  
Stops drama lasting half the week.  
And friends? They love my calmer style—  
I listen more, they laugh a while.

So, here's to patience, soft and sweet—  
A daily gift that can't be beat.  
It turns life's hiccups into art,  
Brings warmth to home and open heart.  
With mindful steps and humour too,  
Each day unfolds both fresh and new.

**10-Minute Patience Meditation, but make it any length that suits you on each different day, by spending as little or as long on each section as you wish. Change any words or phrases that don't resonate with you, and you might also like to record the words and turn it into an audio to listen too.**

**Begin by settling in** - Find a comfortable position—sitting or lying down. Let your hands rest softly. Allow your eyes to close or lower your gaze. Take a slow, easy breath in... and a long breath out. Feel the body beginning to soften.

**Arriving in the Present** Notice the simple reality of this moment. There's nowhere you need to be, nothing you need to fix. Allow your breath to be your anchor—flowing in, flowing out—steady and unhurried. With each exhale, let the shoulders drop, soften your jaw, and gently settle your mind into this moment.

**Becoming Aware of Impatience - Next** bring your awareness to the sensations of impatience.

Not trying to push anything away—just noticing.

Where does impatience live in your body?

A tightening in the chest? A buzzing in the belly? A restlessness in your limbs?

Observe these sensations with curiosity, as though you're meeting them for the first time.

Let them be here without judgement.

## Breathing Space

Begin to deepen your breath slightly.

Inhale... slow and steady.

Exhale... letting go.

Imagine your breath creating space inside you—softening the edges of tension.

With each exhale, picture impatience unravelling a little, loosening its grip.

You don't need to force calm.

You're simply giving the body permission to ease.

## Cultivating Patience

Now silently repeat a phrase that encourages patience.

Choose whichever resonates most:

- *"I allow things to unfold in their own time."*
- *"I meet this moment with calm and openness."*

- *“Patience grows with every breath.”*  
Let the words flow with your breath, like a gentle rhythm.  
Notice how your body responds to these intentions—softening, opening, slowing.

### **Expanding Patience to Your Day**

Picture yourself moving through the rest of your day with this same sense of spaciousness.  
See yourself meeting small frustrations—queues, delays, misunderstandings—with a breath before a reaction.  
Feel yourself responding, not rushing.  
Imagine patience as a warm light in your chest, guiding your choices, softening your tone, steadying your steps.  
Let this patient presence fill you.

### **Gently bring your meditation to an end.**

Take a final deep breath in...  
and a long, gentle breath out.  
Sense the calm you’ve created—it’s yours to return to whenever you need it.

When you’re ready, slowly bring awareness back to the room.  
Wiggle your fingers and toes.  
Open your eyes.  
Carry this patient, spacious energy into the rest of your day.