



## The Doing of Patience and Compassion

I think at times moving through life we get a bit impatient. Okay, maybe a great deal impatient. You get impatient, and then you get frustrated with the way the situation sits in the present. You want the situation to be resolved, **yesterday!** You are thinking there is no time to lose, this needs to get done, be completed. Maybe this just needs more time and cannot be resolved

right now. Maybe you are waiting for others to make the necessary steps. Maybe you are the one needing to take additional steps. Maybe you have to learn more, or experience more before there is a solution. Trying to push this forward, with no clear answer in sight, feeling a sense of urgency, you may even get angry- with the situation- with others- with yourself. This impatience stresses the nervous system. Now you can't think clearly to enable yourself to proceed. We have all been there and many of us are probably sitting in a similar space right now.

Now you have two situations to deal with- getting out of your stress filled frustration and/or anger *and* dealing with the *original* situation you were trying to resolve in the first place. First things first, Breathe, then assess what you are dealing with. Take a couple of steps back and become the non-involved observer. You already know what is causing the emotional frustration and/or anger- its The Situation. But what is really causing these emotional responses? Dig a little deeper, it may not be the Situation itself, but a small part within it. Are you able to identify it (or them)? Is it a detail that sits in your past? Strong emotional reactions may have their root in something from your past, causing the knee-jerk response. Or is it something in the resolution that you won't like in how it will sit in your future? Fear of the future can cause paralysis.

Try to ferret it out. You will have to sit in your present quietly, maybe in meditation, letting your heart and head speak to each other. Identify what you are feeling and thinking. You may not get the answer immediately, but pose the question. The answer may come at a later time; while doing a mundane chore; during a walk or workout; possibly in a dream; a spark of memory coming when you least expect it. Once you

know what it is you are able to deal with it, or at least realize you need some assistance in dealing with it.

Just knowing the cause of these emotional reactions may help you directly move to The Situation and resolve it. Coming to a solution doesn't exempt you from dealing with that emotional response, though. Being unresolved, it will just keep returning over and over again.

"Patience is not the ability to wait but how you act while you are waiting."

--- Joyce Meyer

When you delve into exploring emotional responses with the intent of working on the negative effects it is to our benefit to be self-compassionate. But are we really aware of what self-compassion is? We know that treating others with kindness in their difficult situations is compassion, so can we make the easy jump to self-compassion meaning treating ourselves with kindness when we are experiencing a difficult situation? Doesn't sound like that would be enough, does it?

One of the prominent researchers of self-compassion, Dr. Kristin Neff, includes two more important practices: Recognizing your personal struggles as being part of shared human experiences; and holding one's painful thoughts and feelings in "mindful awareness". Self-compassion emphasizes the way we respond to our personal thoughts matters greatly. Instead of being self-judgmental and beating ourselves up over it, we should observe (without the emotional attachment) that we are sharing these thoughts with the human community and we should treat ourselves kindly with no self-ridicule. These practices give us the clarity of mind to do our excavation and repair work.

"When we give ourselves compassion, we are opening our hearts in a way that can transform our lives."

--- Kristin Neff

*With Gratitude,*

*Kai*