

# 2013-10-30 Practice Notes Patience

Thu, 9/3 10:57PM • 3:38

## SUMMARY KEYWORDS

awareness, present, hold, patients, emotions, entangled, recedes, patience, part, prominence, shifts, means, distracted, experience, offer, stepping, dissolves, meaning, entanglement, attention

## SPEAKERS

Gil Fronsdal

So for a Dharma practice instruction for today. A nice little saying, to remember is to be present with patience, be present with patience. And it has kind of a double meaning. It means when you're present, do so with patients. And it also means stay close to patients be present with patients, stay connected to patients. And so the first one I think is the most important for me the idea of be present means be aware be offer your awareness to what's happening in the present moment, and to connect to what's happening here. And there are times when it's really important is to be present with patients, meaning Don't be in a hurry. Give yourself lots of something, something's need a lot of time to be held in awareness. And so it could be that there's physical tension, it could be there's emotional, strong emotions going on, it could be a very active thinking mind. There's an art to stepping kind of, in this kind of way, stepping away from our entanglement with it. The doing part of it, trying to fix it, trying to resolve things, and, and, and simply to stay present. And the image for being present that sometimes I like, is to cup your hands together like you're holding something precious, and just hold something in your awareness. So hold your attention, patiently means hold it as I like to say, hold it as if it's going to be there forever. And your job is just to hold us hold it in a kind way, caring way or strong emotions, hold them in attention, but hold them as if they're going to be there forever as if they have permission to be there. And you just going to let them just be, but you're not going to let them just be and just be in charge. You can do this extra thing, which is you're going to let them be in clear awareness, clear awareness that they're there. And there's something about the clear awareness that pulls away the way we're caught or dis or entangled in our, whatever the experience is. And so the awareness being present means be aware in a disentangled way. And then to be patient, whatever is going on. If you're still aware, hold it in awareness. And then see what happens if you just give a lot of time and space to it. minutes, or however long it takes whatever's going on, until either it shifts and changes and dissolves whatever is going on. Or until maybe It recedes a little bit in prominence or something else becomes more prominent or until you get distracted by it from it. And, and then you you, when you finally get back to it, it's gone. But the idea is to hold it until be present with patients. So I offer that today for you and as you go through this morning, you might see how this might apply to whatever your experiences here either within you or around you and at the center here. So thank you.