



New Pathways Wellbeing Circles

EXPLORING FOUNDATIONS OF WELLBEING

This month's program will explore the theme of *patience* and explore the various aspects of life that can be impacted by the need to wait or make a choice, to help our overall health and wellbeing.

PATIENCE

Patience is the key to paradise.

Turkish Proverb

Trying to understand is like straining through muddy water. Have the patience to wait! Be still and allow the mud to settle.

Lao Tzu

Patience - the ability to wait, or to continue doing something despite difficulties, or to suffer without complaining or becoming annoyed.

Cambridge Dictionary

Two things define you: your patience when you have nothing and your attitude when you have everything.

Unknown

Patience is the ability to idle your motor when you feel like stripping your gears.

Barbara Johnson

Opera is complex for those who perform it, but also for those who listen to it. It takes more time, more patience and more spirit of sacrifice. All this is well worth it because opera offers such deep sensations that they will remain in a heart for a lifetime.

Andrea Bocelli

A NYC taxi driver wrote:

I arrived at the address and honked the horn. After waiting a few minutes I honked again. Since this was going to be my last ride of my shift I thought about just driving away, but instead I put the car in park and walked up to the door and knocked.. 'Just a minute', answered a frail, elderly voice. I could hear something being dragged across the floor.

After a long pause, the door opened. A small woman in her 90's stood before me. She was wearing a print dress and a pillbox hat with a veil pinned on it, like somebody out of a 1940's movie. By her side was a small nylon suitcase. The apartment looked as if no one had lived in it for years. All the furniture was covered with sheets. There were no clocks on the walls, no knickknacks or utensils on the counters. In the corner was a cardboard box filled with photos and glassware.

'Would you carry my bag out to the car?' she said. I took the suitcase to the cab, then returned to assist the woman. She took my arm and we walked slowly toward the curb. She kept thanking me for my kindness.

'It's nothing', I told her.. 'I just try to treat my passengers the way I would want my mother to be treated.'

'Oh, you're such a good boy, she said. When we got in the cab, she gave me an address and then asked,

'Could you drive through downtown?'

'It's not the shortest way,' I answered quickly.

'Oh, I don't mind,' she said. 'I'm in no hurry. I'm on my way to a hospice.'

I looked in the rear-view mirror. Her eyes were glistening. 'I don't have any family left,' she continued in a soft voice. 'The doctor says I don't have very long.' I quietly reached over and shut off the meter.

'What route would you like me to take?' I asked.

For the next two hours, we drove through the city. She showed me the building where she had once worked as an elevator operator. We drove through the neighborhood where she and her husband had lived when they were newlyweds. She had me pull up in front of a furniture warehouse that had once been a ballroom where she had gone dancing as a girl. Sometimes she'd ask me to slow in front of a particular building or corner and would sit staring into the darkness, saying nothing. As the first hint of sun was creasing the horizon, she suddenly said, 'I'm tired. Let's go now'.

We drove in silence to the address she had given me. It was a low building, like a small convalescent home, with a driveway that passed under a portico. Two orderlies came out to the cab as soon as we pulled up. They were solicitous and intent, watching her every move. They must have been expecting her. I opened the trunk and took the small suitcase to the door. The woman was already seated in a wheelchair.

'How much do I owe you?' She asked, reaching into her purse.

'Nothing,' I said.

'You have to make a living,' she answered.

'There are other passengers,' I responded.

Almost without thinking, I bent and gave her a hug. She held onto me tightly.

'You gave an old woman a little moment of joy,' she said. 'Thank you.'

I squeezed her hand, and then walked into the dim morning light. Behind me, a door shut. It was the sound of the closing of a life. I didn't pick up any more passengers that shift. I drove aimlessly lost in thought. For the rest of that day, I could hardly talk. What if that woman had gotten an angry driver, or one who was impatient to end his shift? What if I had refused to take the run, or had honked once, then driven away?

On a quick review, I don't think that I have done anything more important in my life. We're conditioned to think that our lives revolve around great moments. But great moments often catch us unaware-beautifully wrapped in what others may consider a small one. Having patience is one of the hardest things about being human. We want to do it now, and we don't want to wait. Sometimes we miss out on our blessing when we rush things and do it on our own time.

Deontay Wilder

Patience is not the ability to wait, but the ability to keep a good attitude while waiting.

Unknown

A waiting person is a patient person. The word patience means the willingness to stay where we are and live the situation out to the full in the belief that something hidden there will manifest itself to us.

Henri J.M. Nouwen

Over the last six years I have learned what patience is.

Growing up I did not have this value and it is a very important value to have. I always wanted what I wanted when I wanted it. Now I can see that if you are patient you will almost always get what you want if you are supposed to have it. I gained patience when I lost my freedom. I knew that I would eventually get it back in time.

I was locked up in prison for a period of six years. The first couple of years were the hardest. I was always stressed out about any and everything. Time was dragging by because I was always paying attention to it. While I was locked up one man that I talked to helped install this value in me. He told me that it was possible that he would never make it home but that being patient and believing that one day he will is what had made him a better man. After a while I realized why he said a lot of the things that he said to me. Once I stopped paying attention to the days and just kept in mind that I would be released when it was my time to go, it seemed that my time got a little easier.

Now I am home and can see that patience paid off for me. I now use this value in a lot of my daily activities. I know for a fact that sometimes life gets hard and that if you don't get discouraged and stay patient it will pay off in the end. So, if you are having a hard time in life, be patient and it will eventually work out one way or the other.

Unknown

Never cut a tree down in the wintertime. Never make a negative decision in the low time. Never make your most important decisions when you are in your worst moods. Wait. Be patient. The storm will pass. The spring will come.

Robert H. Schuller

Patience doesn't mean making a pact with the devil of denial, ignoring our emotions and aspirations. It means being wholeheartedly engaged in the process that's unfolding, rather than ripping open a budding flower or demanding a caterpillar hurry up and get that chrysalis stage over with.

Sharon Salzberg

Learn the art of patience. Apply discipline to your thoughts when they become anxious over the outcome of a goal. Impatience breeds anxiety, fear, discouragement and failure. Patience creates confidence, decisiveness, and a rational outlook, which eventually leads to success.

Brian Adams

Chinese Bamboo Tree Motivational Story

In our life we go through ups and downs: risk-taking, decisions, stress, overwork and much more... All these factors can sometimes put your spirit down! Every individual plans a perfect future but plans can not work as per our thinking and most of the time we have to manage with less.

Like any plant, the growth of the Chinese Bamboo Tree requires nurturing – water, fertile soil, sunshine. In its first year, we see no visible signs of activity. In the second year, again, no growth above the soil. The third, the fourth, still nothing. Our patience is tested and we begin to wonder if our efforts (caring, water, etc.) will ever be rewarded.

And finally, in the fifth year – behold, a miracle! We experience growth. And what growth it is!

The Chinese Bamboo Tree grows 90 feet in just six weeks!

But let's be serious, does the Chinese Bamboo Tree really grow 90 feet in six weeks? Did the Chinese Bamboo Tree lie dormant for four years only to grow exponentially in the fifth? Or, was the little tree growing underground, developing a root system strong enough to support its potential for outward growth in the fifth year and beyond? The answer is, of course, obvious. Had the tree not developed a strong unseen foundation it could not have sustained its life as it grew.

The same principle is true for people. People, who patiently toil towards worthwhile dreams and goals, building strong character while overcoming adversity and challenge, grow the strong internal foundation to handle success, while get-rich- quicker and lottery winners usually are unable to sustain unearned sudden wealth. Had the Chinese Bamboo Tree farmer dug up his little seed every year to see if it was growing, he would have stunted the Chinese Bamboo tree's growth as surely as a caterpillar is doomed to a life on the ground if it is freed from its struggle inside a cocoon prematurely. The struggle in the cocoon is what gives the future butterfly the wing power to fly, just as tension against muscles as we exercise strengthen our muscles, while muscles left alone will soon atrophy.

Anonymous

Waiting is a sign of true love and patience. Anyone can say I love you, but not everyone can wait and prove it's true.

Unknown

Man is always progressing. His circle of knowledge is ever widening, and his mental activity flows through many and varied channels.....Man is, in reality, a spiritual being, and only when he lives in the spirit is he truly happy.

Bahá'í Writings

*Thank you for joining us this evening.
We hope you enjoyed the reflections and discussions.
Please join us for light refreshments.*



Thank you to TATIN for assisting with refreshments tonight.
They offer fantastic bakery items baked daily - including bread, donuts, pastries and tea and coffee.

TATIN - Find them at 143 Bulleen Rd, Balwyn North

UPCOMING - Wednesday May 8th at 7.30pm - 9.00pm

THEME – Detachment

Feel free to invite family and friends to a future session. Please remember to book online for details.



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