

# Patience, Your Wings *Will* Grow

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## The Rescuer

A man found a cocoon of a butterfly and observed it regularly until one day a small opening appeared. He sat and watched the creature for several hours as it struggled to force its body through that tiny hole. Then it seemed to stop making any progress. It appeared that it had gotten as far as it could and could go no further. To help it, he took a pair of scissors and snipped off the remaining bit of the cocoon. The butterfly now emerged easily, but had a swollen body and small, shriveled wings. The man continued watching, expecting that at any moment the wings would enlarge, expand and be able to support the body, which would contract in time. Neither happened! In fact, the poor butterfly spent the rest of its life crawling around with a swollen body and shriveled wings. It never was able to fly.

With best intentions, what the man in his kindness and haste did not understand was that the restricting cocoon and the butterfly's struggle to get through the tiny opening were nature's way of forcing fluid from the creature's body onto its wings, so it would be ready for flight once it achieved freedom from the cocoon.

Sometimes, struggles are exactly what we need. If we were allowed to go through life without any obstacles, it would cripple us. We would not be as strong as we could have been... We could never *fly!* ~*Author unknown*

**Patience** (Pa'tience), n. ~[www.selfknowledge.com](http://www.selfknowledge.com)  
[F. *patience*, fr. L. *patientia*. See Patient.]

1. The state or quality of being patient; the power of suffering with fortitude; uncomplaining endurance of evils or wrongs, as toil, pain, poverty, insult, oppression, calamity, etc. "Strengthened with all might, . . . unto all **patience** and long-suffering." *Col. i. 11*. "I must have **patience** to endure the load." *Shak*. "Who hath learned lowliness From his Lord's cradle, **patience** from his cross." *Keble*.
2. The act or power of calmly or contentedly waiting for something due or hoped for; forbearance. "Have **patience** with me, and I will pay thee all." *Matt. xviii. 29*.
3. Constancy in labor or application; perseverance. "He learned with **patience**, and with meekness taught." *Harte*.
4. Sufferance; permission. [*Obs.*] *Hooker*. "They stay upon your **patience**." *Shak*.
5. (*Bot.*) A kind of dock (*Rumex Patientia*), less common in America than in Europe; monk's rhubarb.
6. (*Card Playing*) Solitaire.

**Synonyms** -- *Patience, Resignation.* *Patience* implies the quietness or self-possession of one's own spirit under sufferings, provocations, etc.; *resignation* implies submission to the will of another. The Stoic may have *patience*; the Christian should have both *patience* and *resignation*.

### BE PATIENT

A man came out of his home to admire his new truck.

To his puzzlement, his three-year-old son was happily hammering dents into the shiny paint of the truck.

The man ran to his son, knocked him away, hammered the little boy's hands into pulp as punishment.

When the father calmed down, he rushed his son to the hospital. Although the doctor tried desperately to save the crushed bones, he finally had to amputate the fingers from both the boy's hands.

When the boy woke up from the surgery & saw his bandaged stubs, he innocently said, "Daddy, I'm sorry about your truck." Then he asked, "But when are my fingers going to grow back?"

The father went home & committed suicide.

Though this incident purportedly did not really happen, think about this story the next time someone seemingly pushes your buttons or when the thought of revenge enters your mind. Stop, breathe and center yourself before you lose your patience with someone you love. Machines can be repaired. Broken bones and angry, hurtful feelings often can not. The actions taken in rage will often haunt forever.

Be patient. Think with your heart, not the mind. And realize that everything you do affects something or someone, always, somehow.

*If you judge people, you have no time to love them.*

~ *Mother Teresa*

**D**eveloping skills to improve relationships and adjust to others' idiosyncrasies without defensiveness requires the planting of a peaceful seed deep inside our hearts, nurtured by our desire to become more luminous and enlightened. A few experiences along the way of my own life's journey have significantly changed the way I think, feel and react. Isn't that surely true for everyone? That's *life*. Our experiences shape our perceptions. Experiences lead us to mold our world into one that we adapt as real. But they're not WHO we are. We are not our experiences... we're the *Experiencer*.

To experience is why we are here as a soul, a spirit, an emanation of God's desire to unfold all possibilities and potentials. We are one of God's "potentials." What we focus on is what we will see. What we focus on is what we will obtain. What we perceive is our "reality". But is it really "truth" that we perceive when receiving information and reacting to another human being? Or are falsehoods hindering our perceptions – which can be distorted, generalized and deleted by the quality of the filters shaping the experience AND the *Experiencer*? How do we relate to one another without judging through our filtration system? How do we love ourselves and others and live a peaceful, graceful and joyous life? What is it that we have to learn along the way to get to a place where patience becomes a normal program in our complicated matrix?

In Chinese, the word "crisis" has two meanings: danger and opportunity. In our journey toward transformation and greatness we are presented with diverse and often extraordinary opportunities to resolve our deepest unresolved feelings. At times, we may attract certain people and situations into our lives. Being there to help us see what's going on deep inside our psyche, they push buttons we didn't even know we had. In any healing process along the spiritual path, stirring the bottom of the pot to raise unresolved issues will inevitably occur. What we do with that is up to each of us individually. Opportunity, or danger? You decide.

After a massage, yoga or meditation practice, residual feelings unexpressed and unresolved often creep up for resolution and may cause you to say or do something unusual. This is your opportunity to stop, listen and reflect. As the old saying goes, sometimes it gets worse before it gets better. *All* relationships are developing and evolving at all times. So what is the key to riding the wave of any transition and to understand a developing relationship going through this mirroring process?

Patience.

I have been thinking about love, romantic relationships and marriage again. As I've grown, things look different to me. As we change, so do our perspectives. As we evolve, energy ripples through the world around us and changes. So it is important to start learning patience with ourselves and respecting our individual process in the journey through life. Sometimes that process starts with curiosity. The light bulb turns on and the search begins.

In the Los Angeles Airport, in my eagerness to better understand what makes a sustainable and successful union between two people, I bought a book on relationships by John Gottman, Ph.D.: *The Seven Principles for Making Marriage Work*, a New York Times bestseller. Then, by the greatness of our awesome Divine Universe, I was seated next to a beautiful older couple on the plane to Houston. I couldn't help notice how playfully happy and in love they were, as I sat reading my new book. As synchronicities and fate would have it, everything I wanted to know from that book was seated right beside to me, and all I had to do is ask. Imagine that!

Alice and Jim McCarthy are from New Jersey and have been married for 47 years. They met at a dance. Jim went to ask Alice's friend to dance, but another man – the friend's current husband – stepped in and got there first. So instead, Jim asked Alice to dance – a moment of fate that resulted in two very happy outcomes. The couple has five children: two boys and three girls, and all are married. In fact, their youngest daughter, who lives

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in Los Angeles, is married to the executive producer for *Everyone Loves Raymond*. They have 11 grandchildren.

Jim and Alice are both retired. Alice was a part-time credit investigator, and Jim was an engineer specializing in design and electronics. For you astrologers, Alice is a Gemini. Jim is a Leo and older by three years. Alice said the key to a long and happy marriage is (drum-roll, please) - *patience and love*.

Jim agreed, but added, shaking his finger, “And don’t give up too easy.”

Alice said that effective conflict resolution involves keeping all arguments private and between just the two of them, as well as always giving a kiss goodnight and never carrying an argument into the next day. Jim admitted he can be pretty stubborn. Alice claims a tendency to be too analytical. Jim points a finger at himself and says he is the one who tends to yell. “But as I got older, I got wiser,” he adds.

Laughing, Alice interjects, “That is where the patience comes in.”

“Getting through the hard times makes you stronger. There were rough times, but love and patience kept us together,” Jim reflected. “We were 60 miles from the ocean and couldn’t afford the gas to go and visit the sea.”

Alice said, “We held on to each other a lot in those days.”

Jim continued, “There were times when we could have called it quits, but what a mistake that would have been.” A tear filled his eye. “I can’t imagine my life now without her, and if anything did happen...” Jim paused, catching his breath. “That’s where the patience comes in.” Witnessing the sincerity in his face as he finished the thought, Alice and I too felt tears swell our eyes.

“Life is too short. I thought I would ever stop changing diapers; and now they are all married and grown up,” Alice says in regards to her children.

Sitting there on the plane, the walls around my heart melted, and then expanded out like a ray of light. I felt content, hopeful, clear. I began to absorb their lesson they so poignantly gave me, tying it into to a few of my own. Life *is* too short.

Patience is giving up the by-products of mind to the *wholeness* and consciousness of love. Consciousness is supreme, yet our minds get in the way. By drawing on consciousness we can *feel* and *love* through our Sacred Hearts. It starts with you and me. And then together, with love, we can lift the spirits of others.

What do I mean by *consciousness*? I like to think of it as the eternal ocean of Divine wisdom, into which we merely need to learn to tap – to take a dive – although *trusting* to that dive can be the hardest part. That’s where *faith* comes in.

You are not your brain, nor your body. The more you practice anything in life, the better you get. So why not practice being who you really are at a much higher level of awareness: LOVE. Release your “monkey mind” and focus on being free of your regrets, fears and defenses by being and staying in the moment: aware, breathing, and compassionately eager to learn from every opportunity presented before you. *Dive in!*

*Focus* is the beginning of a discipline with the unimaginable. When one focuses on this consciousness of greatness, expressing love from the heart feels different than expressing it from below the waist – as many associate with intimacy. Love is eternal; the physical body is not. We have to bring our energy up from below the belt to our hearts; into the center of our very being.

Love is in the Soul. In consciousness, it is free to express itself. We have conditioned it to be expressed mostly “below the belt”. That is not love, but lust. Love is created outside of our bodies. It is the gift of the messenger of consciousness, born inside the Sacred Heart, where Soul comes in to express itself. And through our transformation into greatness – into the higher vibration of Love – we can lift countless others into the light through nothing more than the energy of our own light. This is the ascension process. And we are each endowed with the capability of bringing forth a higher frequency for global change.

We can each make a difference – in our kindness, our generosity and our love. I remember a scene in the book, *An Angel is Near*, by Deepak Chopra, that depicts this so perfectly: An Angel skips around a city square touching the shoulder of everyone who is distressed. Instantaneously, her grace transforms their moods into joy and greatness. We are each like that Angel, spreading love and hope to others with the joy in our hearts – many times unwittingly.

Flesh and blood cannot enter the kingdom of Heaven. That realm is reserved for what mostly remains invisible: the soul; pure consciousness. Becoming aware requires that something inside us has to move! We have to purge the filters of our minds, clear the blocks and get our energy moving so that our vibrations shift to a higher level. Consciousness moves with love and the releasing negative emotions. Clearing the clutter of the mind and getting the physical body in shape with one’s spiritual body is a key to real and lasting change.

Take this challenge: Look into the eyes of the next person you meet; “see” and feel their spirit. Feel the patience that naturally comes with seeing differently when you do it with your heart and not your mind. Love is who you *both* are! Silently tell that person that you love them. Say, “I love you, fellow spirit.” Look deep inside and feel their essence, their very soul. And listen carefully. From within that silence a story will arise.

### **Fostering an attitude of patience**

When imagination is given opportunity, one can surrender to it absolutely and dream a dream from within which spring consciousness and love. This is not a fantasy, it is *greatness*. Fantasies (sexual or otherwise) arise from the mind. Our brains “think” them into happening. A fantasy and a dream of consciousness are not the same. When we fantasize about being with someone we are with the fantasy, not the person. Is that love? Is love born of the body, or of consciousness? We are beginning to understand that *everything* is consciousness.

Consciousness works with the energy of the body to create a human being who processes the world through its senses. The brain produces “mind”, which more often than not stands in the way of our ascension. By embracing negativity, the mind can prevent us from achieving our true potential and greatness. It can even change our DNA and cause

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our cells to mutate. STOP! CANCEL! Pull back the reins on that monster Ego telling you that you're anything other than great! See the world with LOVE, rather than fear. States like envy and jealousy are loaded with negative emotion, which precludes the participation and movement of inspiration into that field known as "genius" (which is just another term for the greatness that we are). Nothing will change our DNA in a *positive* way except a positive change in attitude.

As our attitudes change, a shift begins to happen within the body. Our DNA reorganizes itself into a healthier state. Cells change by creating new receptor sites, and our neurology begins to re-pattern and reconnect itself in support of newly-formed behaviors, as we set our intent to love, forgive, learn, and be in greatness. Whatever energy and shift put into developing any behavior is also the energy and shift needed to change it.

A conscious shift is the way to learn patience. Meditate, reflect, try yoga, help others, and surrender to the greatness of the infinite universe through the Sacred Heart. Love is developed within our core, our very essence. All that's really required is the desire and intent. When we can patiently accept our own faults and weaknesses, then we can begin to accept those of others. It isn't about losing boundaries, for certain limits are important. It's about choosing to live together more peacefully and happily, by participating in patience. If, together, we learn to listen and grow with patience for ourselves and all life forms, the peace that comes from it will set us free.

Namaste'

Jesus (Jeshua) the Christ said, "Through respect for Divine Order, patience is cultivated. This brings knowledge of proper timing. In that is great intelligence. Often other issues and other needs have to be worked out before your plans can unfold, before your place can be set at the table. By respecting all things, and most especially Divine Order, you will attain peace and patience. Through this, you will be directed to the most efficient use of your life, so that you can experience self respect to the fullest." ~translated by Glenda Green. ( Love Without End. p. 151)

I asked God to take away my habit.

God said, No.

It is not for me to take away, but for you to give it up.

I asked God to make my handicapped child whole.

God said, No.

His spirit is whole, his body is only temporary

I asked God to grant me patience.

God said, No.

Patience is a byproduct of tribulations;  
it isn't granted, it is learned.

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I asked God to give me happiness.  
God said, No.  
I give you blessings; Happiness is up to you.

I asked God to spare me pain.  
God said, No.  
Suffering draws you apart from worldly cares  
and brings you closer to me.

I asked God to make my spirit grow.  
God said, No.  
You must grow on your own! ,  
but I will prune you to make you fruitful.

I asked God for all things that I might enjoy life.  
God said, No.

I will give you life, so that you may enjoy all things.

I ask God to help me LOVE others, as much as He loves me.  
God said...Ahhhh, finally you have the idea.

May God Bless You,  
"To the world you might be one person, but to one  
person you just might be the world"

~Author unknown

**"Even the word 'IMPOSSIBLE' says 'I M POSSIBLE' "**