

Mindfulness for cultivating patience

Begin by sitting in a comfortable position. Really taking a moment to feel your sit bones on the ground, adjusting your spine so that it feels tall and proud... and softly close your eyes.

Let your breath be soft and gentle. Breathing in and out through your nose, stomach slightly expanding on every inhale and slightly contracting on every exhale.

It has been said that infinite patience produces immediate results. So often when we are trying to accomplish something, when we're chasing our dreams, when we have a deep desire for something that is when we are least ready. For when we instead allow ourselves to just be happy with what we already have, feeling infinitely patient for all that we desire, we are no longer in a state of neediness and therefore our desired results can instantly appear.

In order to get there, we must first enter into a state of infinite patience.

Keep breathing softly and gently as you envision a warm light entering into your room, surrounding you, permeating into every cell in your being. This warm light symbolises transformation. It allows us to transform any need we have for immediate results into patience.

Time is a made-up construct and we simply need to let go of feeling like it's time for something to happen, and instead be open to no time...Infinite time...Perfect timing.

As you feel this warm light surround you, transforming any need within you to acceptance and patience, you feel yourself dropping deeper into this moment. There is nothing you need. No outcome that must happen because you already know deep in your heart that your highest, most loving timeline is unfolding perfectly and therefore you can be infinitely patient because there is nothing you need. There are no needs that are not being met in this moment. You have everything...You are surrounded by love.

Feel this now and let yourself relax further into the light.

Let yourself affirm "I am willing and ready to be infinitely patient. I allow myself to accept everything as it is right now. I trust everything is unfolding perfectly."

Keep breathing softly and gently, as you feel yourself entering into a state of infinite patience, feeling as though all of your needs are met and that the universe is taking care of you in perfect order, feeling faithful and having trust.

Begin to take this feeling of patience with you as you start to become more aware of your physical body, feeling it in this present space and time. Gently rolling your shoulders, feeling the sweetness of the movement in your body. Feeling the sweetness of being present in this moment. As you very slowly open your eyes back to the room around you, taking the sense of patience with you all throughout the rest of the day.