



Veriditas Friday Labyrinth Meditation

Theme: Patience

July 22, 2022

Laura Esculcas, Facilitator

Rob Hodges on Cello, with music by Seckou

Keita titled Mikhi Nathan Mu Toma

Inspiration Card: Patience

Jewels for Life Cards

by Brahma Kumaris

"You trust life, yourself and others. You do not push or force because you know that gentleness accomplishes the task."

Story of Deer

Our opening message about Patience reminded me of the story of Deer Medicine as told by Jamie Sams and David Carson in **Medicine Cards: The Discovery of Power Through the Ways of Animals**. St. Martin's Press; Revised edition (July 30, 1999).

"So gentle and loving you are. The flower of kindness, an embrace from afar. One day Fawn heard Great Spirit calling to her from the top of Sacred Mountain. Fawn immediately started up the trail. She didn't know that a horrible demon guarded the way to Great Spirit's lodge. The demon was trying to keep all the beings of creation from connecting with Great Spirit. He wanted all of Great Spirit's creatures to feel that Great Spirit didn't want to be disturbed. This would make the demon feel powerful. and capable of causing them to fear him. Fawn was not at all frightened when she came upon the demon. This was curious, as the demon was the archetype of all the ugly monsters that have ever been. The demon breathed fire and smoke and made disgusting sounds to frighten Fawn. Any normal creature would have fled or died on the spot from fright. Fawn, however, said gently to the demon, 'please let me pass. I'm on the way to see Great Spirit' ."



"Fawn's eyes were filled with love and compassion for this oversized bully of a demon. The demon was astounded by Fawn's lack of fear. No matter how he tried, he could not frighten Fawn, because her love had penetrated his hardened, ugly heart. Much to the demon's dismay, his rock-hard heart began to melt, and his body shrank to the size of a walnut. Fawn's persistent love and gentleness had caused the meltdown of the demon. Due to this gentleness and caring that Fawn embodied, the pathway is now clear for all of Great Spirit's children to reach Sacred Mountain without having to feel the demons of fear blocking their way. Deer teaches us to use the power of gentleness to touch the hearts and minds of wounded beings who are trying to keep us from Sacred Mountain. Like the dappling of Fawn's coat, both the light and the dark may be loved to create gentleness and safety for those who are seeking peace."

Closing quotes:

Phyllis Ring:

"When I open to patience like a flower, receive its remedy, and practice restraint with the personal tendencies that want to trample it underfoot, I feel protected from things that could become stressors and irritants. Eventually, many of them stop hitting my inner radar screen at all, which suggests that, without patience, those previously mentioned tendencies actually go looking for unhelpful things. Patience is a key that opens a door that leads beyond them."

John O'Donohue:

"So take a breath and find what is unsolved in your heart.
Breathe in patience, breathe in love.
Love yourself bountiful.
And send that love out to others.
When you send love out from the bountifulness of your own love, it reaches other people.
This love is the deepest power of prayer."

"There is a kindness that dwells deep down in things; it presides everywhere, often in the places we least expect. The world can be harsh and negative, but if we remain generous and patient, kindness inevitably reveals itself. Something deep in the human soul seems to depend on the presence of kindness; something instinctive in us expects it, and once we sense it we are able to trust and open ourselves."