

Patience is a Virtue

By Laura Morgan, MD

Patience is a virtue
we struggle to express,
A gift we give ourselves and others
in times of distress,
A cleansing breath of oxygen
through rushing clouds of smoke,
A window on the Absolute
as when we first awoke.

Patience with Patients

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To choose the folding into,
then expanding out from another's experience
in its own time,
despite the hounds of hurry;

To wait upon what is beyond
as reflex,
flexible acceptance,
despite the call of clamor;

To follow the leading heart,
trusting trust to heal,
holding separate the still moment
despite the urge to urgency.

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