Patience is a Virtue

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

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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