

Makeovers Meditation Exercises.

An Ocean Of Infinite Patience.

Patience: the ability to stay emotionally and physically in a calm state of mind no matter what action is taking place in your life.

First and foremost, patience is a feeling of peace and surrender. We imagine God to have an ocean of infinite patience for each and every one of us in whatever chaos we create in our daily lives. Each person has the ability to create a space of infinite patience in their inner selves.

Second, patience is an art. To master it, you must practice patience daily. Being aware of your own patience is the art of this exercise.

Examples

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| 1. Children. | 6. Family. |
| 2. Husbands. | 7. Money. |
| 3. Traffic. | 8. Bad news. |
| 4. Rude people. | 9. Broken down machines. |
| 5. Friends. | 10. Cleaning. |

Exercise:

1. Find a quiet spot.
2. Sit down. Get comfortable.
3. Close your eyes.
4. Clear your mind.
5. Say to yourself, "I have an ocean of infinite patience that trickles in all of my relationships and daily actions."
6. Repeat this phrase until you begin to feel like you are creating a space for infinite patience in your inner dialogue.
7. End the exercise by saying to yourself, "My work is done now. Thank you. Peace."
8. Practicing this exercise daily will bring patience into your life.
9. **In time of impatience, say to yourself,**
"I have an ocean of infinite patience."

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There are times when patience will not be enough to contain an emotionally charged event. Sometimes it just explodes. Handling the mess afterwards is just as important. Bad habits like shutting down for days with loved ones or carrying a bitter resentment for days/months/years are useless. Patience will resolve these bad habits.

*It is not our job to stand in judgment of anyone's choices. Good or bad.

*This job is held by the laws of the universe...Karma...God.

*If someone is unfair to you, IT IS NOT YOUR JOB to pay that person their due.

*Drop the whole incident in the ocean of infinite patience.

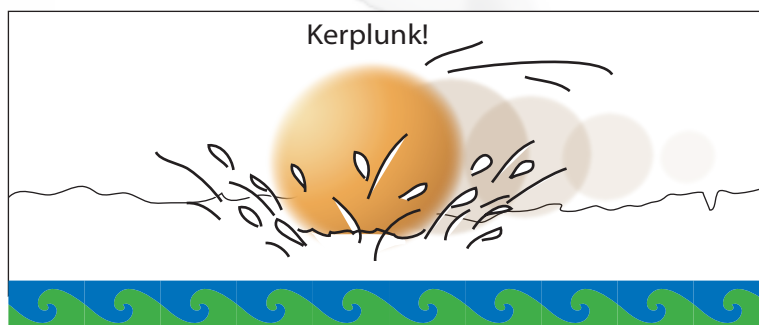
Example:

*"My ex-husband is not a good dad. He is late picking up the kids. He is impatient with them and breaks promises constantly."

*Developing a mindset that it is not your job to make him do right by the children relieves you of your responsibility of keeping track of his shortcomings. What a relief to know he is no longer your concern. Place his outrageous fate in God's ocean of infinite patience:

Kerplunk!

God is the only one who can manage that kind of emotional pain. You are now free to be the best mother you know how to be and anger is allowed to dissolve.



Practice saying daily, "I have an ocean of infinite patience."