

I Have No Time For You

..... Buddhist Parable (adapted and modified by Amy Fox)

There was a monk who was very impatient. The more he tried to be patient, the more impatient he became. So he decided that he must get away to learn to be patient. He built himself a little home deep in the woods, far away from civilization.

Years later, a man was traveling in those woods and met the monk. The man was amazed to find anyone living so far away from the rest of the world, so he asked the monk why he was there all by himself. The monk said that he was there to learn to be patient.

The traveler asked how long he had been there, and the monk told him seven years.

Stunned, the traveler asked, "If there is no one around to bother you, how will you know when you are patient?"

Annoyed, the monk replied, "Get away from me. I have no time for you."

DISCUSSION QUESTIONS & PROMPTS

OPENING CLASS

"The two most powerful warriors are patience and time." –Leo Tolstoy

Take a moment to land here, to really be where you are, as you are.

You mind might crave movement. There might be restlessness in your body or agitation with the present. Let yourself arrive with it all.

Nothing in life is permanent and if we can arrive with patience knowing that nothing lasts forever, we carry the two most powerful weapons of patience and time.

DURING CLASS

Before or After Telling the Story

A lot of times when challenges come up– we are angry, frustrated, tired– we crave to be somewhere else. We are impatient to be where we are.

But, what if the very things that challenge us, are lessons in disguise? What if frustration held a lesson in patience? What if fear was urging us to be more courageous? What if what was needed, was what life was giving us, but it was up to us to accept it?

Notice what's present for you in this moment....see if you can lean into your breath...

CLOSING CLASS

There is wisdom in every moment, especially the challenging ones, and if we can arrive with patience and accept that nothing lasts forever, we'll forge a path out of suffering and find the freedom and liberation we seek.

EXTRAS

"Anything that annoys you is for teaching you patience.

Anyone who abandons you is for teaching you how to stand up on your own two feet.

Anything that angers you is for teaching you forgiveness and compassion.

Anything that has power over you is for teaching you how to take your power back.

Anything you hate is for teaching you unconditional love.

Anything you fear is for teaching you courage to overcome your fear.

Anything you can't control is for teaching you how to let go and trust the Universe."

– Jackson Kiddard