



## Resilience and Patience

By Kathy Marshall Emerson,  
Executive Director, National Resilience Resource Center LLC

My 8 year old granddaughter and I sat side-by-side looking at an intricate picture book with scores of hidden objects to locate. “Find a scissor, a dog, a rainbow, and a thumb tack.” We both searched and then announced each discovery. “Oh here it is!”

We found lots of things we were not even asked to locate in the old fashioned New England small town scene—hair pins, fish, a guitar and more. But the thumb tack eluded us. Jayda began moving her finger over every square inch of the double-wide page, slowly and methodically. Then she spotted the thumb tack and giggled, “Oh! I thought I was looking for a thimble so I started putting my finger everywhere to see where it fit!” Somehow the correct word—thumb tack—came to mind when her finger bumped into the tack.

We ended our time wondering if being older or younger influenced how well we did. We both agreed age was not a factor at all. What seemed to be most important was being patient and not getting worried while we tried to find the tack.

This ordinary little experience is a story of the Three Principles in action...insights, ah ha’s, perspectives on our states of mind. So very often in life the most important thing we can do is to be quietly patient while things around us unfold. This patient listening stance is possible because we trust we will have wisdom to do exactly what is needed. There is no other way to catch a fleeting spark of insight. Impatience overshadows wisdom. We do not have to over think things and get off track (in this case, off tack!).

Today I wondered what to write about. I let it be and yet nothing came to me. Then finally after dinner I sat in a quiet room just looking out a huge picture window to a fabulous grove of multi-green trees. And then the insight floated in. “Patience is so important in my life! Patience is living from the principles in the best possible way at the worst possible times.”

All of the big things in life that have happened to me flooded in and it was clear patience had eased every one of those difficulties. In fact, patience has become a natural way of life. I have never thought of the principles in quite this way.

It makes simple sense that we can realize greater resilience if patience is part of our tool box for life. What may not be as obvious is that *patience is the end product of learning to understand the principles* of how we operate from the inside out mentally and spiritually. I don’t decide to be patient; I become patient because I understand the underlying principles and experience a more secure state of mind. I lose patience when I get too wrapped up in my own personal thinking and forget to trust the unknown. Syd Banks explains, “*It is not the power of the word or the determination of our might, but the deep and silent workings of our minds which bring the inner self and the outer self together, in harmony*” (*The Missing Link*, p. 80).

*Kathy Marshall Emerson is currently Executive Director of the private National Resilience Resources Center LLC and may be reached at [marsh008@umn.edu](mailto:marsh008@umn.edu). She provides training and technical assistance. She retired from the University of Minnesota in the Twin Cities after 20 years and also continues to teach CSpH 5201, Spirituality and Resilience as adjunct faculty spring and summer terms annually. See [nationalresilienceresource.com](http://nationalresilienceresource.com) .*