

Patience

Hatred, frustration,
Everything you worked so hard for
Is falling apart.
Conflict and sorrow,
Feeling so hopeless
It seems like you just can't go on.

Patience, patience
All things come and go in their time
If they don't get stuck in your mind.
Patience, be patient
A non-judging view
Will reveal what to do
From your heart.

Tension, dissension,
Everyone around you
Is pulling in nine different ways.
Friction, confusion,
Feeling uncertain and trapped
In your own hellish maze.

Patience, patience
You can endure,
Stay awake and explore,
You will find your way.
Patience, be patient,
Hold your resolve
Till that darkness dissolves
And you're free.

Mindful and supple
Poised in the present
Your mind is serene and composed.
Silent acceptance,
Stop struggling within
And allow clarity to unfold

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Will reveal what to do
From your heart.

Staying with patience
Will help you to find a new start.
Problems reveal their solutions
To your patient heart
To your patient heart