

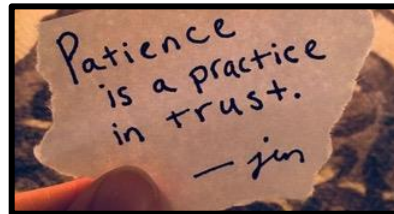


Larkin Community College  
Coláiste Pobail Lorcáin



Hello and welcome to the fourth Larkin Community College Wellbeing Newsletter.

This week the Newsletter will focus on the theme of **PATIENCE**. Do get in touch with Ms Mc Kenzie or Ms O'Higgins if you would like to contribute to the newsletter.



The wise poet John O Donohue has this to say about **patience**.....

'What you encounter, recognise or discover depends to a large degree on the quality of your approach. Many of the ancient cultures practiced careful rituals of approach. An encounter of depth and spirit was preceded by careful preparation. When we approach with reverence, great things decide to approach us. Our real life comes to the surface and its light awakens the concealed beauty in things. When we walk on the earth with reverence, beauty will decide to trust us. The rushed heart and arrogant mind lack the gentleness and patience to enter that embrace'

John

*O Donohue, Beauty: The Invisible Embrace*

We have been living in Lockdown for over seven weeks now. It is hard to be **patient** when so much in our lives has been changed by the pandemic. One way to help us to develop the skill of patience, is to return to our breath. Returning to our breath takes time and patience. It also means we have to consciously tell ourselves 'This is a habit I am cultivating to make me a better version of me'.

I use the Headspace App every day. It's a great meditation App and there are free bits to it too to get you started.



<https://www.headspace.com/headspace-meditation-app>

Someone wise said during this pandemic that patience is a virtue that we will need to work on in order to develop it well. She also said this...

'When we can't go out, go in!'

This sounds like an invitation to meditate.



This made me think of what a poet by the name of Kabir wrote in this poem over 500 years ago....

### **I Said To The Wanting-Creature Inside Me**

*I said to the wanting-creature inside me:  
What is this river you want to cross?  
There are no travellers on the river-road, and no  
road.*

*Do you see anyone moving about on that bank, or  
nesting?*

*There is no river at all, and no boat, and no boatman.  
There is no tow rope either, and no one to pull it.  
There is no ground, no sky, no time, no bank, no ford!*

*And there is no body, and no mind!*

*Do you believe there is some place that will make the  
soul less thirsty?*

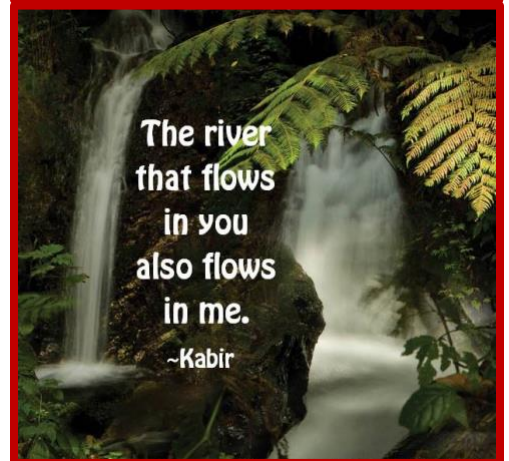
*In that great absence you will find nothing.*

*Be strong then, and enter into your own body;  
there you have a solid place for your feet.*

*Think about it carefully!*

*Don't go off somewhere else!*

*Kabir says this: just throw away all thoughts of  
imaginary things,  
and stand firm in that which you are*



A message from Ms Doyle.....

