

# Be patient

*Negative capability...that is, when a man (sic) is capable of being in uncertainties, mysteries, doubts, without any irritable reaching after fact or reason.*

John Keats

The poet R. S. Thomas says; “The meaning is in the waiting”. We plumb untold depths, push boundaries, and are extended when we learn to wait. Waiting sifts us; it is also a very fertile place.

Being patient before mystery is the mark of the mature person. Our task is not to clear things up, but to make things (perhaps) a little clearer. How prepared are you to say “I don’t know”?

**Can you explore your impatience –  
and acknowledge your insecurities  
or your need to control?**

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