



Living With Tolerance of Self and Others – Life Happens

(My definition of tolerance is ones ability to tolerate things — without judgment, that are out of their control, yet affect them.) If I am to walk my talk, I will accept that the last few days have challenged me while offering me the opportunity to see a couple of events as opportunities to learn from. This writing addresses the word “tolerance” and shows how it can be embraced as part of the human/spiritual experience. (It has been said by many that “We are spiritual beings having a physical human experience, not human beings having a spiritual experience.” As a human, I am learning more about tolerance, of myself and of others. I was to officiate a wedding ceremony a few days ago in New Jersey and although it is a 2 hour drive, I allow an hour for traffic and also plan to arrive an hour before the ceremony. When it is scheduled for 12 noon, I plan to arrive at 11am. Therefore I leave my CT home at 8am. So, I left my home at 8 and arrived at my destination at 10 – no traffic and now with an hour to spare I’d grab a starbucks coffee, check my emails, freshen up my make-up and review the ceremony. As I opened the page to review the ceremony, the first thing I saw at the top, in bold nonetheless, was the date and time... October 7, 2012 – 2:00pm! Oh my God, it wasn’t at 12 noon as I had thought! So now it was 10am and I had 3 hours before going to the location and 4 hours until the ceremony. With pouring down rain and no laptop, I was reminded to be and remain in the present moment – and there would be many moments before the wedding!

Many years ago and before learning about living in the present moment I would have responded to this kind of event quite differently. I would have gone into self judgment that could have ruined my day. I have learned to not only live more in the present, but also how to “flip coins” — see the old side of the coin of self judgment and now flip it to the other side of either neutrality or positively looking at the opportunity, lesson or gift I could receive from this “found” time. In looking at what to do with it, of course I found it easy to be grateful that it was not in reverse of misreading the time. After 25 years of officiating weddings, this was a first, and hopefully a last. Besides flipping the coin, I was reminded that we can always look for something to learn from an unanticipated life event. For me it was affirming tolerance for myself in making such an error and now placing it on my lesson learned as “Tolerance for myself”. My next experience over this last few days was finding I also had something to learn about having tolerance for someone else! While in that window of time waiting for the wedding I spoke with the web designer of my new 9 day old website www.KissYourTherapistGoodbyeASAP.com and learned that it had a pretty major glitch on it.... In fact probably one of the worse you can imagine.... at least to me! The contact page on the site did not send the messages to me from anyone that might have filled it out with either a comment or asking for information or leaving a phone number. Additionally, any person sending did not get back an “undeliverable” message. I posted the oops on face book and will also send it to my email list. I have no choice but to do this and certainly do not want to be a “pest” to my contacts; however to those who may have written, I must inform them of this glitch. The web designer had a technical issue and has now corrected it. I am reminded spiritually to stay focused on the lesson once again.... Tolerance! This time for someone else — my web designer is a wonderful and talented person and just made an oops I know he did not want this to happen and as humans, life happens and erasers are put on pencils for reasons.