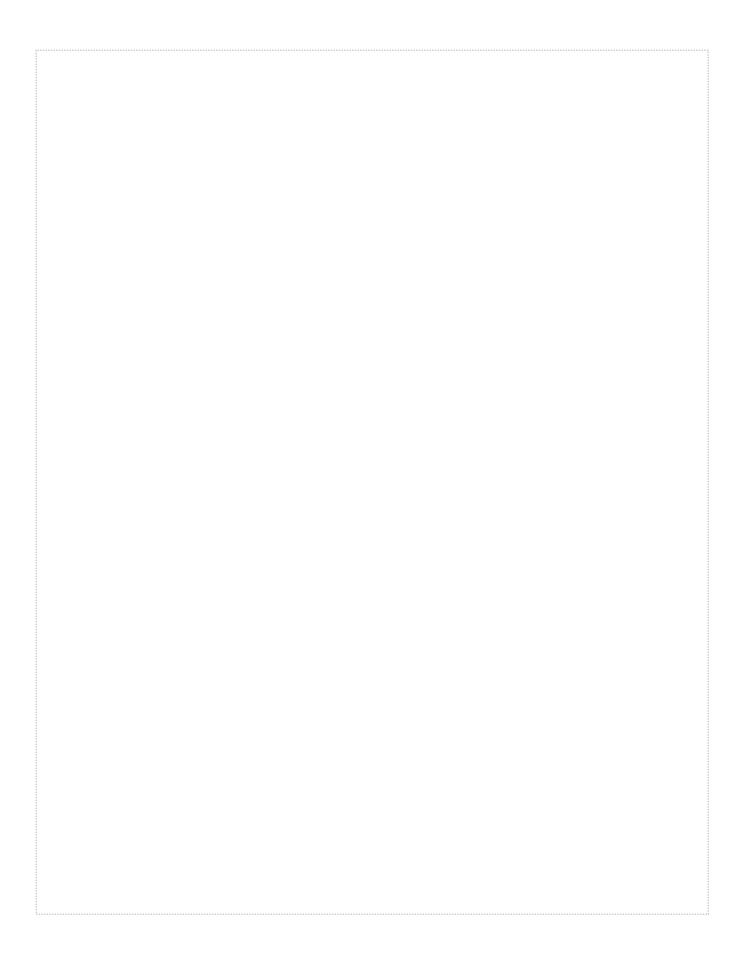
Wisdom from Our Father



# A Daily Journal for the Curious Soul

© 2014

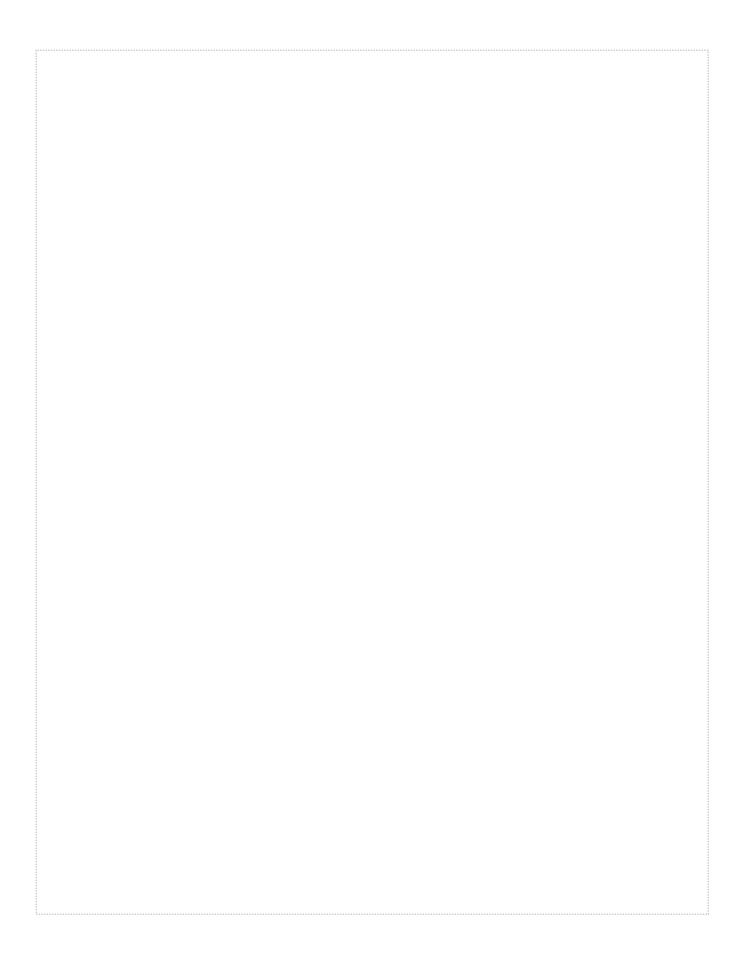


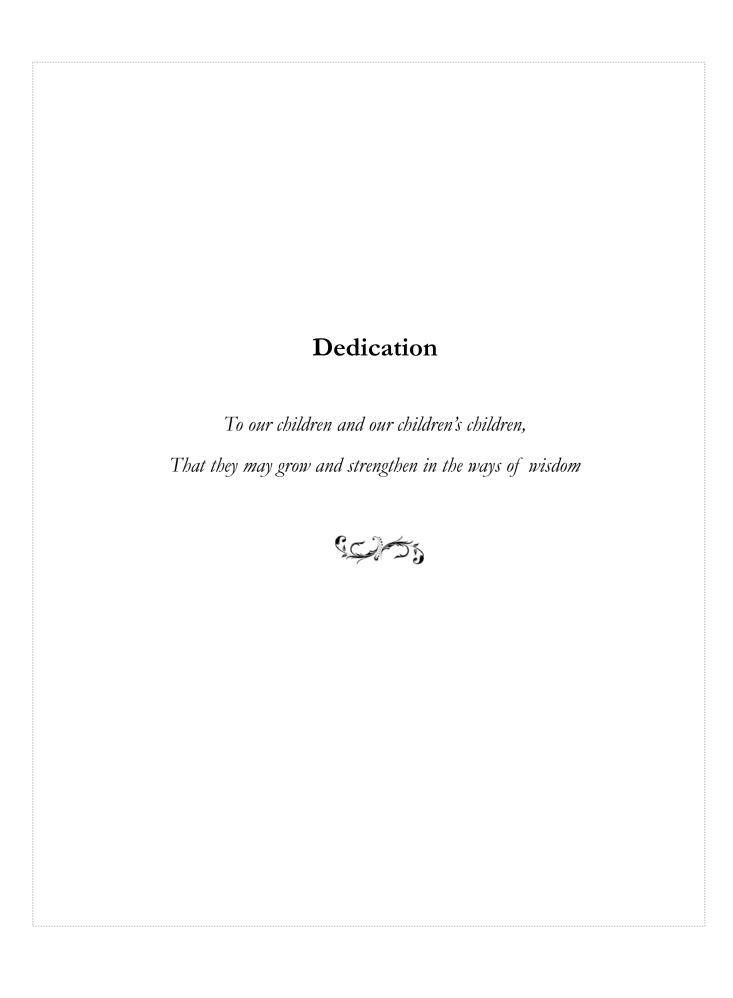
## The quotes and reflections in the following pages are attributed to

### R. Jeffrey Patnaude

Collected from
his various compositions
by his daughters

### Laura Patnaude Robblee and Julie Patnaude Braslis





### **Preface**

We have titled this book, *Wisdom of Our Father*. Our dad would correct us and say it should be entitled, *Wisdom through our father* as he prefers not to take credit for thoughts or creations that have come through him. His allegiance is to that which is beyond his personal knowing as he believes unshakably in the realm of mystery and the unknowable.

You may discover in the quotations and reflections that follow that a deep and committed spiritual life has been the focus of our dad since he was a child. At the age of five he first became extremely aware of another dimension of life that was revealed to him in a gentle, yet powerful way. As a teenager, while wildly proficient in the areas of sports, pool hustling, smoking and girls, he spent every Sunday on his knees as an Altar Boy learning spiritual practices "from the ground up."

Accepted in the beginning round of admissions of Julliard School of Music and thinking he would spend his life composing music, Mystery had other ideas and instead, called him to serve as a priest of the Church. Our dad smiles when he says that God knew he would starve to death as a composer so he just gave him something more practical to do.

We don't agree. Our father first became a priest from that experience at five years of age. As his two daughters, we know him as a father who served as a devoted single dad to us most of our lives. We have known him as Father Jeff, leading two large Episcopal churches during our early years of life and since 1988, as a corporate teacher and mentor who, for the last 28 years has touched the lives of tens of thousands of people in his ministry in the marketplace. And, he has "composed" in a variety of ways, all of his life.

Whatever you discover in the pages ahead, we hope that there may be quotes and reflections that move you to think in a new way, to feel in an ancient way and to act in the best possible way. These bits of wisdom have been collected and categorized with minds of reason and hearts of love resulting in, what we believe, is an enduring blessing. May that be as true for you as it has been for us.

Laura Patnaude Robblee

Julie Patnaude Braslis

### How This Journal Is Organized

Our Dad's first book, Leading from the Maze, A Personal Pathway to Leadership, (1996, Ten Speed Press), was organized according to the movements of the ancient labyrinth: Journey Inward, A Place of Center and Journey Outward. This was, in his opinion, a natural process for the corporate leader to consider as his/her leadership depends upon, he believes, an honest self knowledge and authentic nature (Journey Inward), a place and practice for sitting quietly and visioning strategically (A Place of Center) and a commitment to processing the vision and wisdom received in the Center before taking action too quickly, (Journey Outward).

The Year of Your Transformation has the same three sections.

"Go, not knowing where; bring, not knowing what; the path is long, the way unknown."

Russian Folk Saying



### Part One - Journey Inward

"As the traveler approaches the beginning, it is wise to be aware of the challenge ahead, for the journey within is a dangerous one. The path is not only circuitous and teeming with confusing options, but full of shadows and dragons that protect the treasure of the Center. As with all mythological quests, the warrior must overcome the barriers that stand in the way of authentic triumph."

Thoughts from Laura: To carry a heavy load does not serve me well in my journey. I am often reminded of this as I sit quietly each day to uncover what is hindering me from reaching my full potential. The identified baggage has included holding onto fear, guilt, or anger and when identified and left at the side of the road, I travel more lightly and my world and its opportunities tend to open tenfold. Serving as a teacher, guide and student, I am learning to identify what is most important to me and shed the unwanted and unnecessary feelings or belongings. This is my disciplined athlete at play.

Thoughts from Julie: The Journey of Transformation for every single individual is different. Whether male or female, extroverted or introverted - (I am the latter in both instances), I discovered that there are different ways to both internally and externally experience the varied transformations of life. I discovered that the journey inward was just the beginning of changing one's perspective and it was difficult, yet potentially I knew that I would be a better individual and human being on the other side of that transformation.

The length of journey and transformation, whether it be on the walk of a labyrinth, in a sweat lodge, or in specific exercises where wilderness guides guided me through the paths of nature, all would mean something different for you. And that is the way it should be. There may be an ultimate goal for knowing, wanting, and needing to get to the end result — but rushing through the process to just get to the end, I knew, would leave me without lessons learned and the point of the journey missed.

Day 1

"To travel the winding road to the inner self is the most important journey you make, and perhaps the most dangerous."

Your lifetime is composed of so ■ many journeys – to here, there or sometimes you may feel, to nowhere. Down the birth canal, the first day of school, down the aisle, the last breath - you see how many trips you make? And you are not going to nowhere as long as you are going to somewhere. But your journey inward is the most important one as the pathway to self-discovery is laden with illuminations and darkness, each of which composes the soul that you seek to uncover - to know. And as your soul seeks to know, you can observe each discovery with kindness and seek wisdom as your guide.

Walk with each step as a conscious traveler. Note each part of the pathway as a support to the very weight that you carry and remember that the journey is more important than the destination.

Is your journey more important than the _ destination?

### "The path is only wide enough for one as you must walk your own journey."

E ven if you are a twin, you came into this world alone. And, unless you experience some dramatic departure, you will go out of this world alone. That is because this journey is your journey. It was planned just for you by a creative wisdom. All the preparations since the news was announced of your formation have been focused on you. And now that you are here, you must take those steps alone.

Of course there are loved ones along your pathway. They sit on the side and cheer you on. They provide support when you grow weary. You are refreshed by their smiles or touched by their tears. But the path is narrow and because no one can walk right beside you, they can only call out from the sideline. This is your path – your race, your purpose. Welcome.

Who did you recognize along your path yesterday?

### "Wherever you are is where you are supposed to be."

Listen to that again: Wherever you are is *just* where you are supposed to be. Do not look back and wonder *why* or always look forward and wonder *how*. Instead, look at this moment that surrounds you, the place where you stand right now and say to yourself, "this is a miracle – this moment, this place or this challenge was made just for me."

You will waste so much time wishing where you would like to be instead of being where you are. The moment that surrounds right now visits you only for just that – a moment. And then it is gone. What do you think you will miss if you do not notice your visitor who has come to show you something that may never happen again – like the moment you *just* had?

Is this moment a miracle?

#### "Wherever you are, start where you are, as you are."

The party to which you have been invited is a "come as you are" party. There is no need to dress up or be in fancy clothes as those things don't matter in this event. "As you are" means just that – how you came into this world and the invitation is for you and your authentic self to sit at the head table. You are the honored guest and there will be time for accolades and funny testimonials.

The only request made of you is that when the band is about to begin, you and your authentic self partner go to the center of the dance floor and, wherever you are, start where you are, as you are. You will have a ball.

Invitation: Can you come as you are?

Day 5

"Some are ahead, some are behind and you are just where you are supposed to be."

hen you were 12 you couldn't wait until you were 13. When you were 15 you couldn't wait until you were 16. When you reach 80, you may look back longingly at the years past and sometimes wish you could return to a more youthful state. But there is beauty in each of the years as they are like a different fruit – each one has a different color and flavor.

The benefit of those ahead of you is that there is proof that the pathway is safe for travel. With those behind, you are showing them the way, just as you have been led by others. That is the beauty of the pathway – full of travelers – all moving in some direction – all equally vulnerable. So walk gently.

Can you  acknowledg  those behin  you – and  ahead of  you with  gentleness.

### "Whenever you arrive will be the perfect time."

You can be so silly about time because in the vast expanse of the interstellar space of your soul, there is no time or space. When you start, you are already there. Where you are going is right where you are. In this oval womb of continuous creation you are in the right space at the right time. There are no accidents.

Enjoy it! Here is where you are never late – you are not the first to enter or the last to arrive. You just are – and time and all of its ticking and clicking is just a mechanical way of reminding you of each of those moments to enjoy. You are at the right place, at the right time.

•		
	<b>T</b> . 7	
	You h	-
	time,	
	do y	
	have 1	10W?

Day 7

"In the inward journey toward the true self, it is essential to learn to withhold nothing and be open to everything."

Holding on to what you know is a natural reaction of humanness. You find safety in the familiar and security in what has been predicable. But now may be the time to remove that constraint that has kept you unwilling to accept your beauty as what you are about to discover may have been hidden for a long time. Will this be your time to release the fear of the unknown and be open to that which may come?

Will this time for you become a new beginning, a rebirth of your innocent self that once knew perfection but you have clouded the lens with the murky shadow of fear?

Be open to the re-creative spirit of the universe that makes all things new each moment of every day. You are the co-creator of the universe of your own soul.

Will this be your time?