

GRIT
with
GRACE

*Thoughts on the
Art of Making a
Difference – with
grace.*

Pat McLagan

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The following quotes were taken from Arnold Mindell, Hazrat Inayat Khan, and a variety of other sources. I believe that they reflect the ethos of a person who exhibits GRIT with GRACE.

These thoughts have inspired me and helped put my work into a larger context. I hope they will also speak to you as you continue your important change agent work.

Pat McLagan



Reflection time



ARNOLD MINDELL

SITTING
IN THE
FIRE



“A special kind of inner work is needed to transform us into elders who can sit in the fire.”



*“ You begin to realize that
the very situations that are so
impossible can also be your
greatest teachers.”*



“Facilitators usually want to protect those with less power. But when conflict erupts, those with more power are also vulnerable. They lack insight into what is happening. They are confused. They too need protection and assistance from the facilitator.”



“A good facilitator relieves the [tension] by going deeper into it, exploring threats and double signals. ‘What is behind your anger? Say more....’”



“The most fundamental forum is your own heart. Both as a facilitator and as a human being, you must learn to hear yourself there. Then you will know how to hear others when they are angry and hurt.”



H A Z R A T
I N A Y A T
K H A N
M A S T E R Y



“Whatever one’s occupation in life, whatever one’s knowledge, if one lacks the knowledge of the battle of life, one lacks the most important knowledge of all.”



“He who has enough self-control to stand firm at the moment when the other person is in a temper, wins in the end.”



***“It is not he who has spoken
a hundred words aloud who
has won, it is he who has
perhaps spoken only one
word.”***



“There are times when one must give in; there are times when one must relax things somewhat; and there are times when one must hold fast the reins of life”



“He is not a warrior who becomes impatient immediately... who is ready to give up hope and courage. The true warrior is he who can endure, who has a great capacity for tolerance, who has a depth enough in his heart to assimilate all things, whose mind reaches far enough to understand all things, whose very desire is to understand others and to help them understand.”



“When we blame another person, when we dislike somebody, we overlook the same element in ourselves. There is no soul in the world who can say, ‘I have not this in me.’”



“Whatever one loves one gets, small things or great things.”



“What one should do is this: if one takes one step in power, one should take another step in knowledge...”





***Other
Quotes...***



***“The important thing is this:
to be able at any moment to
sacrifice what we are for
what we could become.”***

Charles DuBos



“Life does not accommodate you, it shatters you....Every seed destroys its container or else there would be no fruition.”

Florida Scott-Maxwell



***“Confusion is a word
we have invented for an
order which is not yet
understood”***

Henry Miller

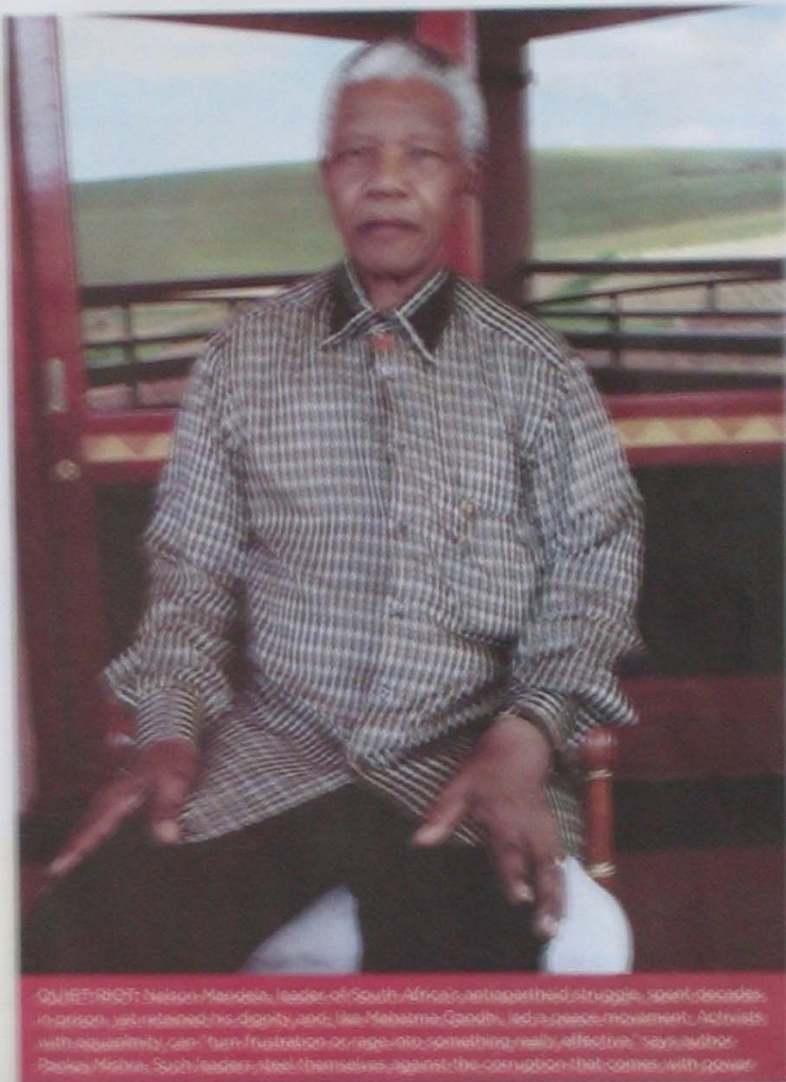


“When we become expert in something, our tastes grow more esoteric and complex. What I mean is that it is really only experts who are able to reliably account for their reactions.”

Gladwell



and responsiveness as young as
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QUIET PROUD: Nelson Mandela, leader of South Africa's anti-apartheid struggle, spent decades in prison, yet retained his dignity and, like Mahatma Gandhi, led a peace movement. Activists with equalinity can turn frustration or rage into something really effective," says author. Pokey Mabele, South leader, steel themselves against the corruption that comes with power.

GRACE: Fierce Benevolence

W/ **HEN COULLEN** / Two- sons son, was a third way about the important job of teaching. Be like a higher power between the pres-

Psychology Today
May/June 2005



“Activists with equanimity can turn frustration or rage into something really effective...Such leaders steel themselves against the corruption that comes with power.”



“Graceful types are just as passionate and driven as their X-factored peers but rarely stir up the annoyance or suspicion we may feel toward bold or highly excitable people.”



“Wise souls like Mandela rarely become overwhelmed by their own feelings or by discomfort. Their poise and impeccable timing allow them to strike the right emotional chord.”



“Although history dictated a far greater role [than being a Xhosa royal adviser] for him, he has throughout his career manifested the unmistakable **grace and authority** of a natural aristocrat.”

F.W. De Klerk (writing the Mandela story for *Time Magazine*’s 2005 “Worlds Most Influential People”)



***“Make no little plans.
They have no magic to
stir (people’s) blood.”***

Daniel H. Burnham



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