

## TRANSCRIPT

File Name: SLACEP72APracticeInPatiencecomplete

Duration: 00:08:52

[Intro]

Well, hello and welcome once again. This is Robert Raymond Riopel, welcoming you to the weekly podcast Success Left a Clue. This is Episode Number 72. This is where I take my life experiences from traveling around the world and I turn them into lessons, clues that you can use towards success. And I am gonna say this, Episode Number 72. Let's just say right off the bat I was not planning on doing this episode today. But, you know what? When inspiration hits and you have the time, you just got to do it.

Let me explain what I am talking about. So right now, I am at the very tail end of a four city. I flew to India and I am doing four talks in four cities in four days. So I, first traveled 27 plus hours to get from Canada, where I live, and I landed in where do I start with, Chennai. Started in Chennai. So I landed the next morning. I did a talk. That afternoon I flew to Bangalore. I did another talk the next morning. Then the next morning I flew to, oh yeah, the name, see, of course, because I just got from, there the name went out of my head, oh I'm in Mumbai now.

And it's funny because I actually instead of flying to Mumbai today, we decided that well because it was... no early enough flights and it wasn't that far away, we decided to drive. And so, we decide to, 9:30 this morning, the car comes, picks us up and we've got a 3 and a half hour drive ahead of us. Yeah, just over 5 hours later, we arrive in Mumbai. And it's, let me just say this, the distance isn't really that great and when we were actually on the highway, we went pretty quick. But the traffic getting out of one city and then the traffic getting into the other city was absolutely, well, let's just say, that's the title of the talk for today, *A Practice in Patience*.

Well, so practicing patience and also being present, just watching, just watching or not watching, experiencing this drive. I have been to India a number of times already, a number of times. And I've been in the traffic. I've been in auto rickshaws. I've been in cars. So I have experienced the traffic but I've never done a trip like this. That really brought at home and really hit at home. And all of a sudden like in my mind of course, goes well, how do I turn this into a lesson, how do I turn this into a lesson for success for people. And it just hit me right between the eyes.

See, it is practicing being patient but also having to be present. Having that presence of mind. Because I'll let you know, if you have never experienced or never been in traffic in India, you don't know how present you have to be. Because they are, those vehicles are moving, they are going, they are filling spaces and they are coming within inches, millimeters of each other. And they just keep flowing, they just keep flowing. And so, we are starting the trip and it's taking a long time to get out of the city Brunei. That's it. Brunei.

So I went from Brunei to Mumbai. That's it. Oh, I know it would come to me eventually. So we are getting out of Brunei and I just had to close my eyes because my mind, I tried to override it. I tried to calm myself first and just like like...take a deep breath and like wow.

Trust, this is a big thing. Trust that the driver knows what he is doing. Trust that he knows how to handle the traffic. Because it is interesting how few accidents they actually have. And so, 3 and a half hour trip, I'm readying myself, I'm watching the traffic where we're in. All of a sudden, we'll stop, then we would start suddenly. I don't think we're going to have enough room to fill a space but we do and I'll tell you my patience I was... I started off but all of a sudden when it took over an hour, hour and a half to just get out of the city, I knew we weren't gonna be a short of a trip as I thought.

And then of course, getting into Mumbai by this time is now 4 hours into the trip. And just to get to where we're going took over another hour. It was a definite test of my patience. I am a pretty happy-go-lucky kind of guy. And it takes a lot to kind of rattle me. But of course, I am always looking for the lesson. And so, I had to keep focusing on just how present the driver was and watching him handle on this thick shift, and he was shifting gears up and down, he was using the horn, I think that's one of the favorite parts of the vehicles here in India. Using the horn, but they don't use it to get angry at each other. It's just basically saying "Hey, hey, I'm here. Just don't pull over. Hey, hey, in case you can't see me. I'm here."

And so, I started marveling at that presence. And I started taking deep breaths and reminded myself to be a little more patient. To be a little more patient. Because isn't it reality that in business, in life, it's so easy to get impatient, get upset at other people, get upset at yourself when things don't go exactly as you think they should go. Because ladies and gentlemen, that's life. If you are expecting that life is gonna always go exactly the way you think it should, you're setting yourself up to be struggling, unhappy, and having a hard, hard time. And so, this was a great reminder. So what did I do? Yeah, I took in a deep breath. I decided to be present as well.

And just to focus on where we were and actually instead of being frustrated and impatient, I chose to actually really experience what was going on in that moment, in the present, and it was absolutely amazing. It absolutely blew me away. Because to watch motorcycles, cars, small trucks, big trucks, auto rickshaws, all just doing this dance. And here a honk, there a honk, letting people know in the whole 5 plus hours, we passed one **fender bender**. And it was just where, it wasn't even that bad, it wasn't a big collision, it's just obviously someone had to stop fast and the person behind him being so close wasn't able to stop as fast. And they did a little **fender bender**.

It was a really interesting experience. Now, do I wanna go on another 5 hour drive anytime soon here in India? No. And that's okay. But the question was and again, I keep going back, what did I learn, can I apply to life?

So here's what I want you to do in your business, in your day-to-day life. I want you to notice where you are getting impatient and then the moment you notice that you are impatient, bring yourself back to the present. Become present in that moment and see what you can focus on, that can actually move you forward. See what you can truly experience in the moment that can move you forward.

And watch how that may just have a little bit of an impact on your life. So, that's it for Episode Number 72 right there. One that was not intended but of course it's perfect because it's all about patience, all about presence.

So this is Robert Raymond Riopel. Success Left a Clue Episode Number 72. Remember, always live with passion. And we'll talk to you on the next episode. Thanks everybody. Have a great day.

[Outro]