

# The Year of Your Transformation

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**

---

---



## Dedication

*To our children and our children's children,  
That they may grow and strengthen in the ways of wisdom*



## 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.*













