



About Patrick

Patrick is rules-oriented and likes to see things work the way they are intended. His professional life has spanned both public and private sectors; military and civilian cultures; spiritual and temporal matters.

In all of them, one key focus is important: “remember who you serve.” He believes that most problems in this world would disappear if we would just keep our purpose foremost in our minds... our purpose is to serve.

The challenge is to recognize who is served in every decision we make.

Patrick is the author of the award-winning “**The Personal Rosary**” and co-author of international best-seller “**Cracking the Rich Code, Vol 10.**”

As a speaker, he shares deep reflections on life, love, faith, and leadership. He teaches the Rosary as a tool for learning to live the virtues—love in action—in the example of Christ and His mother.



HUMILITY



As the conquerer of sin and death, our Lord gave us tools to deal with temptation in pursuit of virtue. In fasting, we discipline the flesh to tame our desires. In almsgiving, we are focused not on all that we want but on what we have to give. In prayer, we humble ourselves before God to follow His way and not our own.

If we would live the virtues, we must live an attitude of self-sacrifice and love—and discipline our hearts to serve Him and those He loves.

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THE ROSARY

Living the Virtues
Love in Action



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The choice is between fear and love... selfishness and service

We envision an idyllic image of our preferred life. What holds us back from achieving it? Often, it is a fear of failure or even fear of success sabotaging us one decision at a time until our best life is only a distant, unobtainable dream. In moments of consequence, making the choice to give freely from the heart helps neutralize the paralysis of fear. In love, we find true freedom.

Love drives us forward and illuminates the desires of our hearts. Where fear asks, "what's the worst that can happen?", love vows the best we have to give. Fear is a manifestation of selfishness while love is the realization of altruism. Fear is limiting while love is as infinite as the God Who is love-personified.

When we recognize that fear and love frame our every decision, we grow in our personal and professional lives. We seek new heights rather than agonizing about imagined depths. With an outward focus, we can understand the fear and love of those around us... and become worthier leaders.

In every decision, the love or fear we choose becomes the "why" that either inspires greatness or stunts our growth.

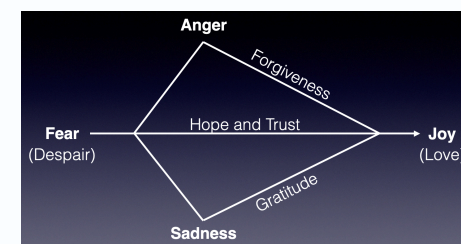
DON'T JUST PRAY THE MYSTERIES LIVE THE MYSTERIES

We must continue to accomplish in ourselves the stages of Jesus' life and His mysteries and often to beg Him to perfect and realize them in us and in His whole Church. . . For it is the plan of the Son of God to make us and the whole Church partake in His mysteries and to extend them to and continue them in us and in His whole Church.

This is His plan for fulfilling His mysteries in us (CCC 521 [St John Eudes, LH, Week 33, Friday, OR])

OUR DEEPEST MOTIVATIONS

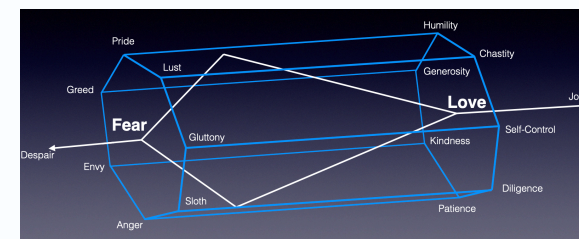
Ultimately, we are emotional beings. We have different intellectual and physical abilities but we all react to our world emotionally... even those most incapacitated. Our basic emotions are joy, anger, sadness, and fear. God uses these emotions to interact with us and we can understand each other through them. Through prayer, we orient our emotions on the God Who made us and the joy He wants for us (John 15:10-11). Ultimately, our every choice is between love and fear.



Through forgiveness, gratitude, hope and trust, we find our way to joy.

THE CARDINAL VIRTUES

We are called to model virtue in our lives. *Four virtues play a pivotal role and accordingly are called "cardinal"; all the others are grouped around them* (CCC 1805). The four cardinal virtues are prudence, justice, temperance, and fortitude (Wis 8:7). These four and all other virtues revolve around love. *By charity, we love God above all things and our neighbor as ourselves for love of God. Charity, the form of all the virtues, "binds everything together in perfect harmony"* (CCC 1844 [Col 3:14]).



The deadly sins are the result of selfishness inspired by fear rather than love inspired by virtue.

LIVING THE ROSARY IS LOVE IN ACTION

The Church teaches us four types of love: friendship (*philia*), family love (*storge/empathy*), passionate love (*eros*), and unconditional love (*agape*). We can reflect on these through the Mysteries of the Rosary.

Joyful Mysteries: Friendship in the Kingdom (**Philia**)

Luminous Mysteries: The Family of God (**Storge/Empathy**)

Sorrowful Mysteries: Passionate love (**Eros**)

Glorious Mysteries: Unconditional love (**Agape**)

1st Mysteries	2nd Mysteries	3rd Mysteries	4th Mysteries	5th Mysteries
Self-Control	Kindness	Goodness	Patience	Faithfulness
Son of God	Son of Man	King	Prophet	Priest
Prudence	Justice	Temperance	Fortitude	Charity
Joy	Generosity	Chastity	Peace	Gentleness

Each set of Mysteries is a reflection on living the Cardinal Virtues... love in action.