



daily GOOD

Patience is a kind of love. A love that is its own explanation in bewildered circumstance. It is an old, old woman placing a wrinkled parchment hand against the cheek of a reckless child. Because her heart is too wise to make room for reproach. Too full to find place for offence. --Pavithra Mehta

Five Practices for Cultivating Patience

Patience is one of those qualities that doesn't get much consideration -- especially in our fast-paced 21st century. But there is tremendous wisdom in it. Patience is what helps us let go of an unhelpful obsession with outcomes and with our limited identities. It is a recognition that our reality is in flux and we don't always know what is best. Practiced deeply, patience is what dissolves unexamined reactions and habits of interpretation, allowing us to see things in a way that is more real, more whole, more true. But the trouble with patience is that it usually comes too little, too late. We've already yelled at a loved one, or thrown away months of work in despair. So how do we develop patience before we actually need it? Here are five practical tools to experiment with.

Be The Change:

Identify an area in your life that could use a little more patience, and try out some of the tools suggested above.