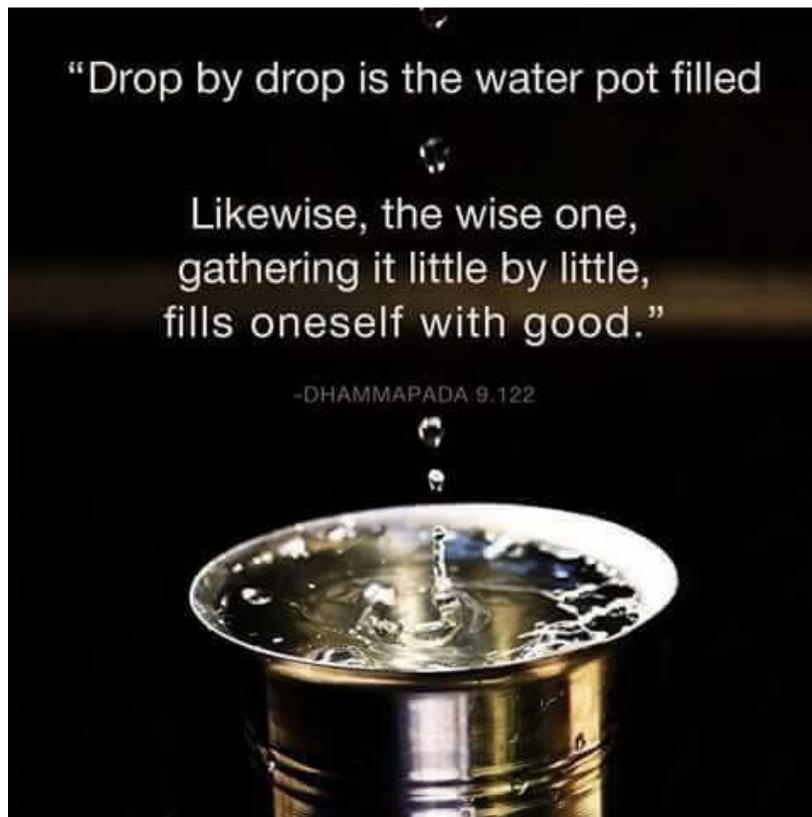


Patience

What has been long neglected cannot be restored immediately.
Fruit falls from the tree when it is ripe.
The Way cannot be forced.
(Buddha)

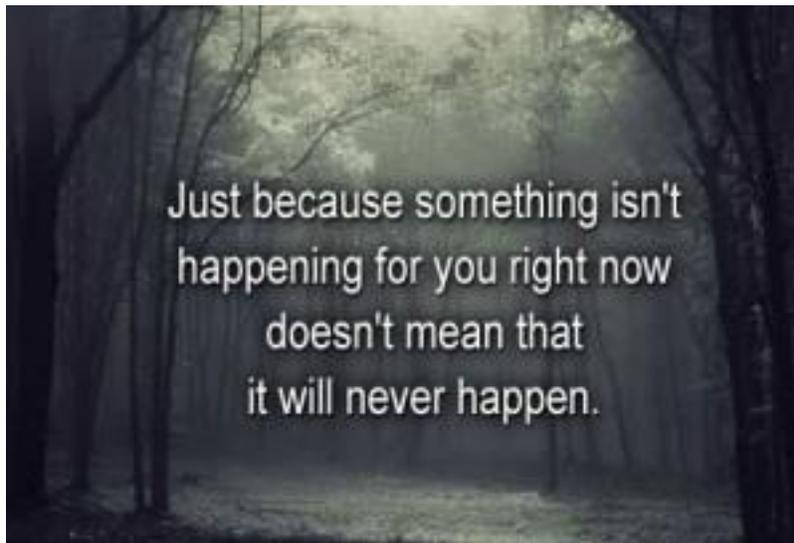


Patience is crowned with faith:
Where one has no patience, one has no faith.
The Prophet said:
“God hasn’t given faith to anyone in whose nature
there is no patience.”
(Rumi)



When the fruit grows,
the petals drop off themselves.
So when divinity in you increases,
the weakness of humanity will vanish.
(Sri Ramakrishna)

With time and patience
the mulberry leaf becomes a silk gown.
(Oriental proverb)



Flowers do not force their way with great strife.
Flowers open to perfection slowly in the sun.
Don't be in a hurry about spiritual matters.
(White Eagle)

Nothing great is created suddenly,
any more than a bunch of grapes or a fig.
If you tell me that you desire a fig
I answer you that there must be time.
Let the tree first blossom,
then bear fruit,
then ripen.
(Epictetus)



You usually have to wait for that which is worth waiting for.
(Craig Bruce)

No great thing is created suddenly.
(Epictetus)



A bucket is filled drop by drop.
(Buddha)

Everything comes gradually
and at its appointed hour.
(Ovid)



Enlightenment must come little by little,
otherwise it would overwhelm.
(Idries Shah)

The great thing and the hard thing is to stick to things
when you have outlived the first interest,
and not yet got the second which comes with a sort of mastery.
(Janet Erskine Stuart)



Have patience.
All things are difficult before they become easy.
(Saadi)

Perfection is attained by slow degrees;
It requires the hand of time.
(Voltaire)



Patience gives you the power to practice;
Practice gives you the power that leads you to perfection.
(Yogi Bhajan)

If you're serious about sanctification,
you can expect to experience heart-wrenching moments
that try your faith, your endurance, and your patience.
(Sheri L. Dew)

The longer you have to wait for something, the more you will
appreciate it when it finally arrives.
The harder you have to fight for something, the more priceless
it will become once you achieve it.
And the more pain you have to endure on your journey, the
sweeter the arrival at your destination.
All good things are worth waiting for and worth fighting for.

Inner peace is impossible without patience.
Wisdom requires patience.
Spiritual growth implies the mastery of patience.
Patience allows the unfolding of destiny to proceed
at its own unhurried pace.
(Brian Weiss)

Patience is the calm acceptance
that things can happen in a different order
than the one you have in mind.
(David G. Allen)



If we have ideas about how our practice should unfold,
these will often get in the way,
preventing us from honoring the phase that is actually with us.
(Jack Kornfield)

A waiting person is a patient person.
The word patience means the willingness to stay where we are
and live the situation out to the full
in the belief that something hidden there will manifest itself to us.
(Henri J.M. Nouwen)

We often want it so
badly that we ruin it
before it begins.
Over-thinking. Fantasizing.
Imagining. Expecting.
Worrying. Doubting.
Just let it
naturally evolve.

Waiting and hoping is a hard thing to do
when you've already been waiting and hoping
for almost as long as you can bear it.
(Jenny Nimmo)

Impatience in any manner is a sign of weakness.
So, to be free from it,
submission to God's Will in all things is the way.
(Papa Ramdas)



The top two habits that will decide between success and failure,
between real change and staying in the same place
are patience and perseverance.

(Marc Reklau)

The power of patience,
which has been called the grace of God,
lies largely in the fact that it usually wins where force fails.

(Alice Rice)



Patience is also a form of action.

(Auguste Rodin)

Generally speaking, I think it is safe to say that the larger your dream is,
the longer it will take to incubate and manifest,
and the more obstacles and problems to solve may be thrown in your way.

You must have patience and faith and perseverance or persistence.

(Bill Tharp)



Above all, trust in the slow work of God. We are quite naturally impatient in everything to reach the end without delay. We should like to skip the intermediate stages. We are impatient of being on the way to something unknown, something new. And yet it is the law of all progress that it is made by passing through some stages of instability - and that it may take a very long time.

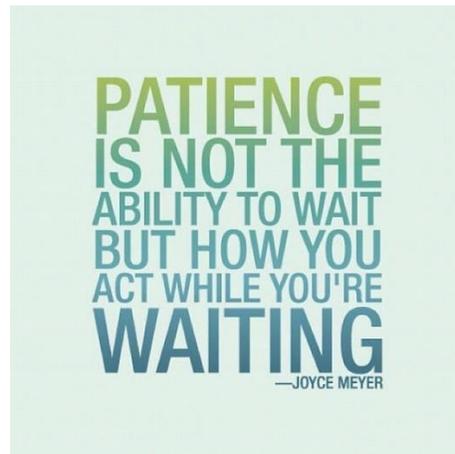
And so I think it is with you; your ideas mature gradually - let them grow, let them shape themselves, without undue haste. Don't try to force them on, as though you could be today what time (that is to say, grace and circumstances acting on your own good will) will make of you tomorrow.

Only God could say what this new spirit gradually forming within you will be. Give Our Lord the benefit of believing that his hand is leading you, and accept the anxiety of feeling yourself in suspense and incomplete. (Pierre Teilhard de Chardin)



Patience is not passive resignation, nor is it failing to act because of our fears. Patience means active waiting and enduring. It means staying with something and doing all that we can - working, hoping, and exercising faith; bearing hardship with fortitude, even when the desires of our hearts are delayed. Patience is not simply enduring; it is enduring well!

Impatience, on the other hand, is a symptom of selfishness. It is a trait of the self-absorbed. It arises from the all too prevalent condition called "center of the universe" syndrome, which leads people to believe that the world revolves around them and that all others are just supporting cast in the grand theater of mortality in which only they have the starring role. (Dieter F. Uchtdorf)



To the disciples, Yogananda often said, "Be patient in your yoga practice. A plant won't grow the moment you plant the seed. 'Make haste slowly,' as the saying goes. It may take time to achieve the results you long for, but the more you practice, the more you will see your life changing. The day will dawn at last when you won't even recognize yourself as the person you were."



From *Essential Sufism*

Patience is one of the Ninety-nine Names of Divine Attributes mentioned in the Koran. It is one of the most frequently mentioned Attributes in the Koran.

It is said that patience is half of faith. Patience is a spiritual state. It is a real accomplishment and one that is not easy to attain.

Without patience we can do nothing well; with patience, difficult tasks become easy. If we are impatient, we are no longer in the present; we are busy wishing for a future that has not yet come. We have all had times of patience, peak experiences in which we have fully enjoyed the present moment, with no thought of the future. To observe real patience in action, watch a master at any skill. Master potters, artists, or musicians live in the present. Their skill demands present-centered patience.

For most of us, our lives would be greatly enhanced by greater patience – professionally, personally, and spiritually. (James Fadiman & Robert Frager)



Patience has three stages. First, the servant ceases to complain; this is the stage of repentance. Second, the Sufi becomes satisfied with what is decreed; this is the rank of the ascetic. Third, the servant comes to love whatever the Lord does with him; this is the stage of the true friends of God. (Abu Talib al-Makki)



Hazur Baba Sawan Singh Ji Maharaj

To control the mind is not the work of haste;
it requires years of patient perseverance.

Gradual progress is to be preferred...Stilling the wild mind and withdrawing the attention from the body and concentrating it in the eye-focus is a slow affair. A Sufi says: "A life-period is required to win and hold the Beloved in arms." (*Spiritual Gems*, letter 210)

You say the progress is at a snail's pace. That which is acquired slowly and after effort is permanent, and that which is acquired quickly and without effort is transitory and subject to loss. Slow and steady wins the race. (*Spiritual Gems*, letter 37)

Mind is not a thing that can be switched off and on at will. It cannot be taken away from its routine course in spite of one's best effort in a day, a month, or a year. It is a lifelong struggle. Those who have undergone this struggle, or who are engaged in it, understand what it is to conquer the mind. It is son, daughter, wife, husband, friend, wealth and poverty, attachment, greed, lust, anger, pride, and whatnot. It is attached to the outside world with ropes, double ropes, triple ropes, and manifold ropes, and has been held by these chains so long that it does not feel the irksomeness of its bonds. It likes them instead...If it were an easy affair, Guru Nanak would not have sat on pebbles for twelve years. Christ would not have spent nineteen years in the Tibetan hills and Soami Ji himself would not have contemplated in a solitary, dark, back room for seventeen years. I need not write more. You know the struggle. (*Spiritual Gems*, letter 143)

Please be not in a hurry. With patience and perseverance, complete the course of concentration. Going within takes time. The rise within is comparatively easier. This part of the course is tasteless. Taste comes with concentration. Slow but steady wins the race. That which is acquired after struggle is valued, and that which comes easily is often not valued. (*Spiritual Gems*, 147)

It is natural to be disappointed at the failure of our first effort, but in the spiritual journey we must have patience to wait and observe the will of the Master. (*The Dawn of Light*, letter 6)

It is not difficult for the Master to take a soul upward, but premature uplifting causes harm. Just as fine silk cloth, when spread upon a thorny hedge, is torn to pieces if suddenly pulled away, so the soul, entangled in the thorns of karma, which penetrate every cell in the body, must be gradually purified by the Master's love. By his grace the soul is freed from these thorns and the karma is slowly sifted out from every cell in the body. (*Spiritual Gems*, letter 171)

The first stage is a bit difficult, for it is crossed with struggle. The journey beyond is pleasant. The karma and the struggle are interdependent. When the karmic debt becomes light, the progress will be rapid. (*Spiritual Gems*, letter 41)

You must reach the Supreme Goal in due time. Some reach it sooner, others later, according to their individual efforts and the karma they have to overcome. (*The Ambrosial Hour*, 98)



Sant Kirpal Singh Ji Maharaj

Patience is the noblest virtue,
but is the fruit of very long cultivation.

(The Teachings of Kirpal Singh, v. 2, 108)

Most seekers want quick results. They want miracles and sudden transformations. But the seed generates rapidly only in thin soil and then withers away. The seed that must grow into the life-giving tree must grow more slowly. *(Spiritual Elixir, 298)*

The measure and speed of advance, however, depends on the individual's own make-up, the ground on which he stands, and the preparation that he may have made in past incarnations. As each one has a different background, each one has his own starting point. The seed is sown, but its unfoldment, growth and development depends on the nature of the soil in which it is planted. *(The Teachings of Kirpal Singh, "The Holy Path", p. 34)*

Time factor is a necessity; patience is a necessity; perseverance is a necessity. It will not happen in one day. *(The Teachings of Kirpal Singh, v. 2, 122)*

Again, most of the dear souls crave for spectacular results and complain of slow progress. But, be it known that the time factor is an essential element and it differs with different individuals, depending on so many factors: each one's background, mental development, present environments and the degree of receptivity acquired. The spiritual path is an arduous up-hill journey and requires steadfast patience and perseverance. Slow and steady wins the race in the long run. The Master Power is more anxious to pull us up than we are prepared to repose in Him. He knows our needs more than we do and is ever ready to extend His helping hand to us if we care to grasp it. Instead of completely giving ourselves to the healthier, higher and holier influence coming from above, we remain, for the most part, hide-bound or mind-ridden and thus we stand in the way of the Divine Power which comes down like a gentle dove if we are but ready to receive Him. On the contrary, we stand between God and ourselves and keep surveying the process of withdrawal instead of engaging in the spiritual practices with all our heart, mind and soul. (ruhanisatsangusa.org/receptiv.htm)

Apparently, and in generalities, all men look alike, though each differs from the other in inner development. It is this background that helps each individual on the spiritual path and determines the measure of every step he takes, and, consequently, each one has his own time factor. (ruhanisatsangusa.org/godman/godman_1.htm)

There are no windfalls as a general rule. You have to work your way up. Everyone reaching the top step has ascended the steps below. (ruhanisatsangusa.org/msg-xmas.htm)

There are different stages through which one has to pass. To attempt to bypass any stage would make one short of development in that particular stage and eventually prolong final attainment. Let everyone develop steadily and slowly. (ruhanisatsangusa.org/drops.htm)



Sant Darshan Singh Ji Maharaj

Waiting for the Beloved

Excerpts from Chapter 22 of *Spiritual Awakening*

If we are really waiting for our Beloved to arrive, for the Master of our heart to arrive, for somebody who has snatched our heart away, for somebody who has caused us poignancy and grief, yearning and pining, longing and torture, then waiting has its own bliss.



Waiting is a blessing. I quite believe that it has its own anguish, its own pain, its own yearning and pining. And at times it appears that its intensity is going to drain all life out of us, yet that same waiting can be transformed into bliss and tranquility and result in the ultimate communion of the soul with the Creator.

The vigil of waiting for the Beloved leads to the first stage of communion with the Almighty. It is the first step on the path to our Eternal Home. It is the first move in the journey through an endless ocean of tears which ultimately takes us to the fountainhead of all ecstasy, of all joy, of all bliss, and helps us in losing our identity and attaining our ultimate communion with the Lord of Lords, with the Master of Masters, with the Supreme Creator.



We are told that the spiritual path is a path of patience and perseverance. It is a path of constant waiting for the Beloved, and therefore we have to get used to the eccentricities and idiosyncrasies of the Beloved. Waiting has its own charm and has been described in the literature of the mystics as an important subject which has not only to be understood but to be practiced by those who traverse this path. It is a path of tears, it is a path of pining, it is a path of longing, it is a path of waiting.



On this path we have to adjust ourselves to the Beloved's rules of conduct, which to our mind may seem eccentric. But they are strictly in conformity with the rules which govern the path and which govern the conduct of those who are on the path. And three important aspects of the path are patience, perseverance and waiting for the Beloved.

In romantic literature it appears that the beloved always eludes the lover, yet the lover continues to wait. It is the same in the spiritual realm. One of my verses says:

*The meeting with the Beloved
Is nothing but a continuous promise.
When one night passes you must wait for the next.*

This is a path in which we have to wait for the Beloved for night after night, and although the Beloved may give us many promises, those promises only mature at the proper time. They are fulfilled at a preordained time, and howsoever restless we may feel, we have to undergo the lover's code of conduct and wait patiently, long patiently, pine patiently for the Beloved to come. But as I have said, waiting has its own charm.

Meher Baba

Every man is a rightful heir to the Truth, but he who would inherit it must be spiritually prepared for it, and this spiritual preparation sometimes takes several lives of patient and persistent effort. Therefore, one of the first requirements of the aspirant is that he should combine unflinching enthusiasm with unyielding patience. (<http://discoursesbymeherbaba.org/v3-118.php>)

To discard the limiting mind is no easy thing. The chief difficulty is that the mind has to be annihilated through the mind itself. Intense longing for union with the Infinite Reality as well as infinite patience are indispensable in the process of crossing the mind.

One Master told his disciple that in order to attain the highest state he had to be thrown, bound hand and foot to a plank, into a river, where he must keep his garments dry. The disciple could not understand the inner meaning of this injunction. He wandered until he encountered another saint and asked him the meaning of the injunction given by the Master. The saint explained that in order to attain God, he had to long intensely for union with Him, as if he could not live another moment without it, and yet to have the inexhaustible patience which could wait for billions of years. If there is lack of intense longing for uniting with God, the mind lapses into its usual sanskaric working, and if there is lack of infinite patience, the very longing which the mind entertains sustains the working of the limited mind.

It is only when there is a balance between infinite longing and infinite patience that the aspirant can ever hope to pierce through the veil of the limited mind, and this combination of extremes can only come through the grace of the Master. (<http://discoursesbymeherbaba.org/v2-172.php>)



The process of self-purification is not the work of a moment, nor of a few months but of years - nay, extending over a series of lives. The later a man begins the living of a higher life, the longer must be his period of probation, for he has to undo the effects of a long number of years spent in objects diametrically opposed to the real goal. The more strenuous his efforts and the brighter the results of his work, the nearer he comes to the threshold. If his aspiration is genuine - a settled conviction and not a sentimental flash of the moment - he transfers from one body to another the determination which finally leads him to the attainment of his desire.

(Letters from the Masters of Wisdom)



If God, when He created the world, had created no creatures in it; and if He had filled it full of millet from East to West and from earth to heaven; and if then He had created one bird and bidden it eat one grain of this millet every thousand years, and if, after that, He had created a man and kindled in his heart this mystic longing and had told him that he would never win to his goal until this bird left not a single millet-seed in the whole world, and that he would continue until then in this burning pain of love - I have been thinking, it would still be a thing soon ended!
(Abu Sa'id Ibn Abi-L-Khayr)

From: Zen Mind, Beginner's Mind

Shunryu Suzuki

After you have practiced for a while, you will realize that it is not possible to make rapid, extraordinary progress. Even though you try very hard, the progress you make is always little by little.

It is not like going out in a shower in which you know when you get wet. In a fog, you do not know you are getting wet, but as you keep walking you get wet little by little.

If your mind has ideas of progress, you may say, "Oh, this pace is terrible!" But actually it is not. When you get wet in a fog it is very difficult to dry yourself.

So there is no need to worry about progress. It is like studying a foreign language; you cannot do it all of a sudden, but by repeating it over and over you will master it. We can say either that we make progress little by little, or that we do not even expect to make progress. Just to be sincere and make our full effort in each moment is enough.



Repetition, for no special purpose and without end, is the way to follow the cosmic order. The point is not to look for something, but to practice. Continue until you reach your coffin. If you practice every day, after a while you no longer have to think about practicing or decide or want to practice. So repetition is very important. (Shunryu Suzuki)



Discipline

Henepola Gunaratana

"Discipline" is a difficult word for most of us. It conjures up images of somebody standing over you with a stick, telling you that you're wrong. But self-discipline is different. It's the skill of seeing through the hollow shouting of your own impulses and piercing their secret. They have no power over you. It's all a show, a deception. Your urges scream and bluster at you; they cajole; they coax; they threaten; but they really carry no stick at all. You give in out of habit. You give in because you never really bother to look beyond the threat. It is all empty back there. There is only one way to learn this lesson though. The words on this page won't do it. But look within and watch the stuff coming up - restlessness, anxiety, impatience, pain - just watch it come up and don't get involved. Much to your surprise, it will simply go away. It rises, it passes away. As simple as that. There is another word for self-discipline. It is patience.



Patience & Tips on How to Develop It

By Z. Hereford

Patience, a challenge for most of us, is the ability to tolerate waiting, delay, or frustration without becoming agitated or upset. It is being able to control your emotions or impulses and proceed calmly when faced with difficult or frustrating situations.

The word patience is derived from the Latin word *pati* which means to suffer, to endure, to bear.

Needless to say, patience is not easy to attain and it's probably harder now to achieve than ever before. In today's world of 'instant everything', technological advancements and readily available credit have allowed us to obtain, experience, and consume practically anything we want - almost immediately. Do we even need to be patient anymore?

Well, if we want to reach our goals, have successful relationships and achieve personal peace, the answer is a resounding yes!

Anything worthwhile and of importance cannot take place right away. It takes time, dedication and effort to achieve; so even in this day and age, patience is a virtue.

The Benefits of Developing Patience

- 1. Reduces stress levels and makes you a happier, healthier person.** When you learn and practice patience you don't get as angry, stressed or overwhelmed. You are more in control of your emotions and in a better position to deal with difficult situations with ease and poise. This promotes longevity and makes you a happier, healthier person.
- 2. Results in better decision-making.** When you're patient you take the time to assess the situation, see the big picture, and weigh any pros and cons. The chances of making a big mistake lessen because you avoid making it in haste. Taking the time to problem solve requires patience and deliberation.
- 3. Helps develop understanding, empathy and compassion.** You are automatically more understanding and compassionate with others when you yourself are patient. Patient people take the time to process what they go through and are able to determine what it takes to overcome obstacles so they are more understanding of others. This results in better, more fulfilling relationships with spouses, friends, children and bosses.
- 4. Helps you understand and appreciate the process of growth.** As mentioned earlier anything worthwhile takes time and effort to achieve. As the old saying goes "Rome wasn't built in a day." Planning, growth, evaluation and measurement all take time, and taking time takes patience.

Tips on How to Develop Patience

1. Take a day where you make patience your goal for the entire day. Make a concerted effort to take your time and think about everything you do, be mindful and live in the moment. At the end of the day, observe all the ways in which you've made smarter decisions, got along better with others and actually understood what took place. Learn to do it on a daily basis. Developing patience is much like physical exercise because it requires persistence and effort.

2. Slow down. If you have the tendency to rush around and try to hurry things up, want things done immediately and can't wait for things to take their natural course, STOP. Take several deep breaths before you act or make a move. For example, if you're in a long lineup at the grocery store or in heavy traffic, make the decision to pause and not get worked up. Do some isometrics, listen to the radio, or just enjoy the view [or so Simran]. Getting impatient won't make things move along any faster, so why get worked up for nothing?

3. Practice delaying gratification. When you want to reach for that dessert or buying something on impulse, stop and think about it first. Maybe you don't need or want it that badly after all. You can save yourself some money or added calories.

4. Practice thinking before you speak. At times we blurt out the first thought that comes into our heads without considering the consequences. If we're patient, pause and go over what we want to say, we can avoid hurting or offending others.

Patience is definitely a valuable character trait to develop. It may appear to be passive, however it is an active, purposeful and necessary form of self-discipline. Without patience many of our actions would be counter-productive and ultimately much time and energy would be wasted spinning our wheels. Surely, patience is a time-tested virtue. (<https://www.essentiallifefskills.net/patience.html>)



When you come in contact with Light and Sound Power within, you have not to adopt any virtues, but everything, all virtues, will come within you of themselves. (Sant Kirpal Singh)
ruhanisatsangusa.org/lok/occupied.htm

Patience with others is

LOVE.

Patience with self is

HOPE.

Patience with God is

FAITH. ~ Adel Bestavros

Proverbs

The remedy against bad times is to be patient with them. (Arab)

A bar of iron, continually ground, becomes a needle. (Chinese)

One moment of patience may ward off great disaster. One moment of impatience may ruin a whole life. (Chinese)

Patience brings roses. (Czech)

Our patience will achieve more than our force. (Dutch)

Long is not forever. (German)

He that would climb the ladder must begin at the bottom. (German)

The greater our hurry, the longer the way; the greater our patience, the sooner we reach the goal. (German)

One minute of patience, ten years of peace. (Greek)

Slow is every foot on an unknown path. (Irish)

The salt of patience seasons everything. (Italian)

If you wish to learn the highest truth, you must begin with the alphabet. (Japanese)

At the bottom of patience one finds heaven. (Kanuri)

The more you ask how much longer it will take, the longer the journey seems. (Maori)

At the gate of patience there is no crowding. (Moroccan)

With time and patience the mulberry leaf becomes a silk gown. (Oriental)

Patience is a bitter plant but its fruit is always sweet. (Persian)

An apprentice becomes an expert by and by. (Persian)

The continuous drip polishes the stone. (Peruvian)

The future belongs to him who knows how to wait. (Russian)

Patience attracts happiness; it brings near that which is far. (Swahili)

Patience is the key to paradise. (Turkish)

Grain by grain a loaf, stone by stone, a castle. (Yugoslavian)

Quotations

Patience is passion tamed. (Lyman Abbott)

Patience and tolerance are handmaidens. They walk down the path of life, hand-in-hand. They are not separate entities, so to speak. They are one. (Frater Achad)

Patience and perseverance have a magical effect before which difficulties disappear and obstacles vanish. (John Quincy Adams)

Our real blessings often appear to us in the shape of pains, losses and disappointments; but let us have patience and we soon shall see them in their proper figures. (Joseph Addison)

Faith is not simply a patience that passively suffers until the storm is past. Rather, it is a spirit that bears things – with resignations, yes, but above all, with blazing, serene hope.
(Corazon Aquino)

Patience is bitter, but its fruit is sweet. (Aristotle)

Patience is so like fortitude that she seems either her sister or her daughter. (Aristotle)

Patience is the companion of wisdom. (Saint Augustine)

Whoever is out of patience is out of possession of his soul. (Francis Bacon)

There is no road too long to the man who advances deliberately and without undue haste; there are no honors too distant for the man who prepares himself for them with patience.
(Jean de la Bruyere)

The greatest prayer is patience. (Buddha)

Good-humored patience is necessary with mischievous children and your own mind.
(Buddha)

Our patience will achieve more than our force. (Edmund Burke)

Hope and patience are two sovereign remedies for all, the surest reposals, the softest cushions to lean on in adversity. (Robert Burton)

It is not necessary for all men to be great in action. The greatest and sublimest power is often simple patience. (Horace Bushnell)

A handful of patience is worth more than a bushel of brains. (Cato the Elder)

Patience is a conquering virtue. (Geoffrey Chaucer)

Patient waiting is often the highest way of doing God's will. (Jeremy Collier)

When you are patient, you take the time to immerse yourself in the joy of the moment which is denied to those who hurry. (Donald Curtis)

You must grow in patience when you meet with great wrongs, and they will be powerless to vex your mind. (Leonardo da Vinci)

Patience is not passive waiting. Patience is active acceptance of the process required to attain your goals and dreams. (Ray A. Davis)

Never think that God's delays are God's denials. Hold on; hold fast; hold out. Patience is genius. (Comte de Buffon)

Patience and time do more than strength or passion. (Jean de La Fontaine)

To know how to wait is the great secret of success. (Xavier de Maistre)

Patience means waiting without anxiety. (Saint Francis de Sales)

Have patience with all things, but chiefly have patience with yourself. Do not lose courage in considering your own imperfections, but instantly set about remedying them – every day begin the task anew. (Saint Francis de Sales)

The virtue of patience is one which most assures us of perfection. (Saint Frances de Sales)

All human wisdom is summed up in two words – wait and hope. (Alexandre Dumas)

Ask too much and it shall not be given to you; knock too loudly and it shall not be opened unto you; seek impatiently and you shall not find. (Will Durant)

Patience is the very heart of love. I don't think any skill in life is more valuable. Patience is the best insurance I know against all kinds of emotional and physical problems – and it is absolutely essential for learning to slow down. (Eknath Easwaran)

Patience can't be acquired overnight. It is just like building up a muscle. Every day you need to work on it. (Eknath Easwaran)

Everything comes to him who hustles while he waits. (Thomas Edison)

Adopt the pace of nature: her secret is patience. (Ralph Waldo Emerson)

The philosophy of waiting is sustained by all the oracles of the universe. (Ralph Waldo Emerson)

Patience and fortitude conquer all things. (Ralph Waldo Emerson)

My dear son, be patient, because the weaknesses of the body are given to us in this world by God for the salvation of the soul. So they are of great merit when they are borne patiently. (Saint Francis of Assisi)

He that can have patience can have what he will. (Benjamin Franklin)

To lose patience is to lose the battle. (Mahatma Gandhi)

The key to everything is patience. You get the chicken by hatching the egg, not by smashing it.
(Arnold Glasow)

A man who is master of patience is master of everything else. (Lord Halifax)

Good character is not formed in a week or a month. It is created little by little, day by day.
Protracted and patient effort is needed to develop good character. (Heraclitus)

Patience, persistence and perspiration make an unbeatable combination for success.
(Napoleon Hill)

There is no great achievement that is not the result of patient working and waiting.
(Josiah Holland)

Patience strengthens the spirit, sweetens the temper, stifles anger, extinguishes envy, subdues
pride, bridles the tongue, restrains the hand, and tramples upon temptations. (George Horne)

Patience means restraining one's inclinations. (Tokugawa Ieyasu)

Even a happy life cannot be without a measure of darkness, and the word happy would lose its
meaning if it were not balanced by sadness. It is far better to take things as they come along with
patience and equanimity. (Carl Jung)

All human errors are impatience. (Franz Kafka)

We could never learn to be brave and patient, if there were only joy in the world. (Helen Keller)

Patience is necessary, and one cannot reap immediately where one has sown. (Soren Kierkegaard)

Do you have the patience to wait until your mud settles, and the water is clear? Can you remain
unmoving till the right action arises by itself? (Lao-Tzu)

I have just three things to teach: simplicity, patience, compassion. These three are your greatest
treasures. (Lao Tzu)

Though the mills of God grind slowly, yet they grind exceeding small; though with patience He
stands waiting, with exactness grinds He all. (Henry Wadsworth Longfellow)

The practice of patience toward one another, the overlooking of one another's defects, and the
bearing of one another's burdens is the most elementary condition of all human and social
activity in the family, in the professions, and in society. (Lawrence Lovasik)

The principle part of faith is patience. (George MacDonald)

The keys to patience are acceptance and faith. Accept things as they are, and look realistically at
the world around you. Have faith in yourself and in the direction you have chosen.
(Ralph Marston)

Genius is eternal patience. (Michelangelo)

Patience is the key to contentment. (Mohammad)

Trees that are slow to grow bear the best fruit. (Moliere)

Of all the qualities of an excellent character, patience is enough for us. (Michel de Montaigne)

Experience has taught me this, that we undo ourselves by impatience. Misfortunes have their life and their limits, their sickness and their health. (Michel de Montaigne)

If I have ever made any valuable discoveries, it has been owing more to patient attention, than to any other talent. (Isaac Newton)

What is patience but an equanimity which enables you to rise superior to the trials of life?
(William Osler)

Dripping water hollows out stone, not through force but through persistence. (Ovid)

Patience and diligence, like faith, remove mountains. (William Penn)

Patience is the best remedy for every trouble. (Plautus)

Be patient toward all that is unsolved in your heart...and try to love the questions themselves.
(Rainer Rilke)

Some people can never understand that you have to wait, even for the best of things, until the right time comes. (Franklin D. Roosevelt)

Patience is the key to joy. (Rumi)

Patience doesn't mean making a pact with the devil of denial, ignoring our emotions and aspirations. It means being wholeheartedly engaged in the process that's unfolding, rather than ripping open a budding flower or demanding a caterpillar hurry up and get that chrysalis stage over with. (Sharon Salzberg)

You are not defeated until you lose your patience. (Robert Schuller)

There is nothing so bitter that a patient mind cannot find some solace for it. (Seneca)

How poor are they that have not patience! What wound did ever heal but by degrees?
(William Shakespeare)

Though patience be a tired mare, yet she will plod. (William Shakespeare)

Two things define you – your patience when you have nothing and your attitude when you have everything. (George Bernard Shaw)

There is something good in all seeming failures. You are not to see that now. Time will reveal it. Be patient. (Swami Sivananda)

A patient man cannot be irritated even a bit. Patience helps a man in the conquest of temper. Patience gives immense strength. (Swami Sivananda)

Without patience, we will learn less in life. We will see less. We will feel less. We will hear less. Ironically, rush and more usually mean less. (Mother Teresa)

Let nothing disturb you, let nothing frighten you. All things are passing away: God never changes. Patience obtains all things. Whoever has God lacks nothing; God alone suffices. (Saint Teresa of Avila)

Hope is patience with the lamp lit. (Tertullian)

Patience is the mark of true love. If you truly love someone, you will be more patient with that person. (Thich Nhat Hanh)

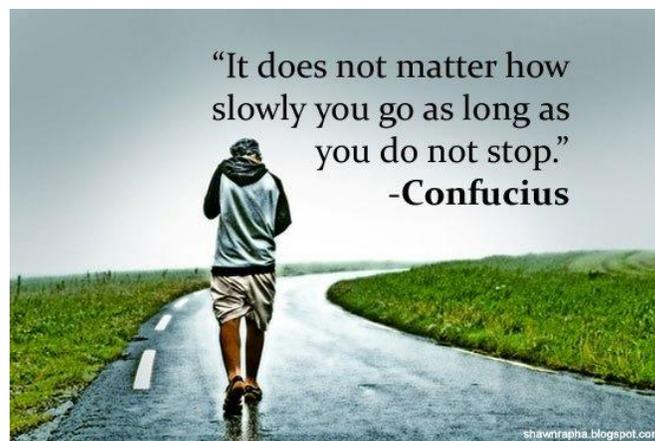
The two most powerful warriors are patience and time. (Leo Tolstoy)

Patience and tenacity of purpose are assets of infinitely greater value than cleverness. There is great strength in patiently waiting. The sun, having set, comes up. The tide ebbs, but always flows in again. (Fred Van Amburgh)

Nothing else is necessary but these – love, sincerity, and patience. (Swami Vivekananda)

Take up an idea, devote yourself to it, struggle on in patience, and the sun will rise for you. (Swami Vivekananda)

Only those who have the patience to do simple things perfectly will acquire the skill to do difficult things easily. (Johann von Schiller)



Beware!
Don't despair if the Beloved turns you down.
If He sends you away today,
Might He not call you to Himself tomorrow?
If He shuts the door on you,
Wait there and don't go away.
After testing your patience,
He will give you the seat of honor.
(Rumi)



And sure enough, even waiting will end...
if you can just wait long enough.
(William Faulkner)

Prayer of the modern American:
“Dear God, I pray for patience.
And I want it right now!”
(Oren Arnold)



Kirpalct@yahoo.com

For more booklets go to: kirpalsingh.org
(Spiritual Quotations for Lovers of God)