



Day 32

Beloved Peacekeepers,

The interpersonal journey continues with patience

Today's Principle, Today's Practice - Patience

Patience is the quality of Peace!

Ask yourself: How easy is it for you to be patient with others? with yourself? What does patience look like? How does it feel? What role does patience play in non-violence?

Activity - Write about a time when someone was patient with you - what difference or impact did that have on your life? What positive qualities empowered them to practice patience? How do those qualities impact and empower all those around them?

Journal Activity: Journal your thoughts....today, use crayons or color pens - live differently and vibrantly!

Consider these Quotes on Patience:

The butterfly becomes only when it's entirely ready. -Chinese proverb

If you are patient in one moment of anger, you will escape a hundred days of sorrow. -Chinese proverb

The sea does not reward those who are too anxious, too greedy, or too impatient. To dig for treasures shows not only impatience and greed, but lack of faith. Patience, patience, patience, is what the sea teaches. Patience and faith. One should lie empty, open, choiceless as a beach-- waiting for a gift from the sea. - Anne Morrow Lindbergh

Your enemies are your best spiritual teachers because their presence provides you with the opportunity to enhance and develop tolerance, patience, and understanding [and thus] to develop your capacity for compassion. - Dalai Lama

Blessings,

SNVOakland