

~ The Essence of Patience ~

By Mingyur Rinpoche

The essence of patience is resilience.

Normally, in our lives, it is one of the really important factors to make everything easy and, also, to help us to have some kind of inner strength. Although our lives are like the waves of the ocean – they go up and down – patience really helps working through all these ups and downs in our lives, and even though life goes up and down, you can learn from it. These ups and downs of life may not become obstacles for you if you practice patience.

Sometimes, we give an example of patience being like water. Water is very flexible and very soft but, also, very strong. Even rocks are cut by water. But its nature is soft, calm, and very flexible. Patience is like that.