

~ *Find Your Inner Strength* ~

Mingyur Rinpoche

The essence of patience is the mind of courage and open-mindedness. Basically, the essence of patience is resilience.

Of course, in our lives, we have a lot of things going on. Normally, we say that life is like the waves of the ocean, going up and down, up and down. And the modern example is that life is like the stock market, going up and down, up and down.

Nowadays, we have a pandemic around the world, so life goes up and down. The world also goes up and down. The country, the society wherever you are, is what we call “impermanent.” And impermanence means that it goes up and down.

Everything goes up and down, so what can we do? The really important thing that influences whether these ups and downs affect us, or if these ups and downs make problems for us or not, is our inner strength, our resilience.

Once we have resilience, then all of these ups and downs become causes of learning and growing. Actually, you will discover your inner qualities and strength — what we call “basic innate goodness.” At the same time, even if there are obstacles or problems, all of these will become part of a learning process, a growing process. They will become a support for you in a way. But if you give up, if you stop, if you do not continue to go forward, that is the biggest problem. So, letting go is important. Patience also teaches us how to let go. But at the same time, letting go is not giving up.

There is a very famous verse in *The Way of the Bodhisattva* that means that if obstacles or problems come in your life, you can ask a question: “Do I have a solution or not?” If you have the solution or know the solution, you do not have to feel sad, you do not have to give up, and you do not have to worry too much, because you have the solution. It

is okay. You just need to continue moving forward. But if you do not have the solution or know the solution, then just worrying does not help. So, let it go. It is okay, move on.

When I was young, my father told me, “If you are going somewhere and reach a dead end, then what can you do? The first thing is to take off your backpack and throw it over to the other side of the wall.” Once your backpack is on the other side of the wall, you have to cross the wall, right? You cannot cross that way [Mingyur Rinpoche gestures straight ahead]. You will bump into the wall and have a problem, but there are different ways you can cross — many different ways. So, let go, but do not give up. Continue with a mind of openness, with a mind of resilience, so that even obstacles may become a help on your ongoing path.

This is really important and is the meaning of patience.

Transcribed by Ana Santoyo, June 2021

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