

## Patience Quotes

*"Now, there are many, many people in the world, but relatively few with whom we interact, and even fewer who cause us problems. So, when you come across such a chance for practicing patience and tolerance, you should treat it with gratitude. It is rare. Just as having unexpectedly found a treasure in your own house, you should be happy and grateful to your enemy for providing that precious opportunity."*

-- His Holiness the Dalai Lama

*"Patience is not passive; on the contrary, it is active; it is concentrated strength."*

-- Edward G. Bulwer-Lytton

*"The greatest power is often simple patience."*

-- Joseph Cossman

*"Every farmer knows that you can't sow and reap on the same day. There is a timetable for your harvest that requires both working and waiting. Patience is a small price to pay for what you will receive."*

-- Neil Eskelin

*"Patience and perseverance have a magical effect before which difficulties disappear and obstacles vanish"*

-- John Quincy Adams

*"There is nothing so bitter that a patient mind cannot find some solace for it."*

-- Lucius Annaeus Seneca (c. 4 B.C.-A.D. 65)

*"If you can cultivate the right attitude, your enemies are your best spiritual teachers because their presence provides you with the opportunity to enhance and develop tolerance, patience and understanding."*

--His Holiness the Dalai Lama

*"There is no evil like hatred.  
And no fortitude like patience."*

-- Santideva, "Bodhicaryavatara"

*“If this doctrine is not understood thoroughly,  
The conception of an I prevails,  
Hence come virtuous and non-virtuous actions  
Which give rise to good and bad rebirths.*

*Therefore, as long as the doctrine removing  
The conception of I is not known,  
Take heed of the practices  
Of giving, ethics, and patience.”*

*-- Nagajuna, “Precious Garland”*

*“The insight at the heart of nonviolence is that we live in a tragic gap--a gap between the way things are and the way we know they might be.... If we want to live nonviolent lives, we must learn to stand in the tragic gap, faithfully holding the tension between reality and possibility in hopes of being opened to a third way....*

*Ultimately what drives us to resolve tension as quickly as we possibly can is the fear that if we hold it too long, it will break our hearts....*

*There are at least two ways to understand what it means to have our hearts broken. One is to imagine the heart broken into shards and scattered about...The other is to imagine the heart broken open into new capacity--a process that is not without pain but one that many of us would welcome. As I stand in the tragic gap between reality and possibility, this small, tight fist of a thing called my heart can break open into greater capacity to hold more of my own and the world’s suffering and joy, despair and hope.”*

*--Parker Palmer in A Hidden Wholeness, The Journey Toward an Undivided Life*

*“Face your deficiencies and acknowledge them; but do not let them master you. Let them teach you patience, sweetness, insight.”*

*-- Helen Keller*

*“Pain is temporary. It may last a minute, or an hour, or a day, or a year, but eventually it will subside and something else will take its place. If I quit, however, it lasts forever.”*

*-- Lance Armstrong*

*“The gradual nature of the path needs to be recognized in order to summon the appropriate spiritual resources. The foremost of these is patience – not the patience of mindlessly enduring something waiting for it to finally end, but rather of applying a steady clarity of attention to the path without shrinking back*

*or running away from its inherent obstacles. Having made the commitment to train ourselves, we need to follow through with consistency and determination. The fruits of the training do not magically appear; they reveal themselves in their own time, requiring a skillful, steady application of effort."*

*-- Ajahn Passano and Ajahn Amaro, "The Island: An Anthology of the Buddha's Teachings on Nibbana"*

*"Natural awareness is recognizing everything that's happening without using a lot of effort," says Sayadaw U Tejaniya. 'You need to watch all day long, but you can't be concentrating all day long. Meditation is for all the time—now, always, everywhere—not just to enjoy a stay in the forest on retreat.' He compares vipassana to running a marathon, not a 100-meter dash. We need to keep at it relentlessly, but in a relaxed manner. Instead of excessive mental and physical energy, a sense of patience and perseverance will build up natural momentum and further our practice."*

*-- Mirka Knaster (Inquiring Mind article)*

*"The main root of harsh speech is aversion, assuming the form of anger. Since the defilement in this case tends to work impulsively, without deliberation, the transgression is less serious than slander and the kammic consequence generally less severe. Still, harsh speech is an unwholesome action with disagreeable results for oneself and others, both now and in the future, so it has to be restrained. The ideal antidote is patience — learning to tolerate blame and criticism from others, to sympathize with their shortcomings, to respect differences in viewpoint, to endure abuse without feeling compelled to retaliate."*

*-- Bhikkhu Bodhi, "The Noble Eightfold Path: The Way to the End of Suffering"*

*"Patience serves as a protection against wrongs as clothes do against cold. For if you put on more clothes as the cold increases, it will have no power to hurt you. So in like manner you must grow in patience when you meet with great wrongs, and they will be powerless to vex your mind."*

*-- Leonardo da Vinci*

*"One moment of patience may ward off great disaster. One moment of impatience may ruin a whole life."*

*- A Chinese Proverb*

*"Have patience with everything unresolved in your heart and try to love the questions themselves ... Don't search for the answers, which could not be given to you now, because you would not be able to live them. And the point is, to live everything. Live the questions now. Perhaps, then, someday far in the future, you will gradually,*

*without even noticing it, live your way into the answer."*

-- Rainer Maria Rilke

*"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

*"No greater thing 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 it first blossom, then bear fruit, then ripen."*

- Epictetus

*"Develop a state of mind like the earth. For on the earth people throw clean and unclean things, dung and urine, spittle, pus, blood, and the earth is not troubled or repelled or disgusted. And as you grow like the earth, no contacts with pleasant or unpleasant things will lay hold of your mind or stick to it."*

Majjhima Nikaya

*"A wise person,  
Understanding the Dharma,  
By insight, free of longing  
And free of desire  
Is calm as a still pool."*

Iti 92

*"What is the way of impatience? If scolded, one scolds in return; if insulted, one insults in return; if abused, one abuses in return."*

*What is the way of patience? If scolded, one does not scold in return; if insulted, one does not insult in return; if abused, one does not abuse in return."*

Anguttara Nikaya IV 165

*"Having acquired heroic engagement through the perfection of vigor, one becomes patient with the many faults that people have."*

Visuddhimagga

## ***Patience***

*by Kay Ryan*

*Patience is  
wider than one  
once envisioned,  
with ribbons  
of rivers  
and distant  
ranges and  
tasks undertaken  
and finished  
with modest  
relish by  
natives in their  
native dress.*

*Who would  
have guessed  
it possible  
that waiting  
is sustainable —  
a place with  
its own harvests.*

*Or that in  
time's fullness  
the diamonds  
of patience  
couldn't be  
distinguished  
from the genuine  
in brilliance  
or hardness.*

*Clarity comes like dawn*

Posted November 30th, 2009 by raskin (<http://www.everypoet.net/poetry/blogs/raskin>)

*my will  
or  
thy will*

*it brings me to that  
always*

*my ego  
or  
thy ego*

*letting go  
or  
letting be*

*how do I choose the wise path*

*this eternal conflict  
bates me*

*clarity comes like dawn  
slowly it rises  
above all the emotion*

*patience*