

patience

song: *Patience* – Guns N' Roses

week #41

patience: (n: own it)

- the bearing of provocation, annoyance, misfortune, or pain, without complaint, loss of temper, irritation, or the like
- an ability or willingness to suppress restlessness or annoyance when confronted with delay: to have patience with a slow learner
- quiet, steady perseverance; even-tempered care; diligence: to work with patience

calmness, composure, peacefulness, quiet, self-control, tolerance

"Patience serves as protection against wrongs as clothes do against cold. 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 then be powerless to vex your mind."

-Leonardo daVinci

The word patience is my favorite word of the year...and happily we have it for two full weeks. Each year, as we marinate in 14 full days of this word...it grows on me, and changes me.

"If the person you are talking to doesn't seem to be listening, be patient. It may simply be that he has a small piece of fluff in his ear."

-Pooh's Little Instruction Book, inspired by A.A. Milne

Continue to practice patience because when heartache, discomfort, frustration move into the past, they are never as bad as they seem in the present.

Because seasons always change.

Because Patience is a Virtue.

"The two most powerful warriors are patience and time."

-Leo Nikolayevich Tolstoy

Action: Have Patience this week; with yourself and your abilities...with your shortcomings. Find patience with the conditions of your life, with the baggage that you must sometimes carry, and the foggy path which lies ahead. Have Patience with the noise in the air, and those people around you. Have patience with all that remains unsolved in your heart.



Have Patience this week; with yourself and your abilities...with your shortcomings and the conditions of your life. While practicing your lateral flexions, have patience with your range of motion, and focus on your mobility in this one moment.

October Color: Cerulean

The color of the month, Cerulean, a light blue, promotes ease while allowing you to attain balance of giving and receiving.

October Chakra: Throat Chakra

The 5th chakra or throat chakra can be easily cleansed by audibly exhaling instead of blurting out speech even if it seems extremely necessary to you at the time.