



Our Quality for the month

October 2015



# ~ PATIENCE ~

*Patience, patience, patience. What you need is patience.  
In the heart of your patience you will discover  
Peace-blooms and satisfaction-blossoms.*

**When God created time,  
He created patience  
As well.**

~

**Patience is running with  
you. Patience is running  
for you. Therefore, yours  
will be the ultimate  
success-victory.**

~

**Patience  
Is the cure  
For all our failings.**

~

**Patience-trees  
Produce  
Ambrosial blossoms.**

~

**If you can wait  
With the patience of the  
wise, Then there is  
nothing that you will not  
be able to achieve in this  
lifetime.**

~

**Determination-volcano I  
have. Patience-sea I need.**

~

**When intensity and  
patience Go  
together, Receptivity is  
bound to come.**

~

## **Stay With Me**

**My sweet Lord,  
Don't withdraw  
If You want me to live.**

**Stay with me.**

**Satisfaction grows  
On patience-tree.**

~

**Patience is the best  
Shock-absorber.  
Patience is the highest  
Peace-discoverer.  
Patience is the greatest  
Perfection-believer.**

~

**Patience means Success  
ultimate.**

~

**Patience is the divine  
friendship  
That we enjoy with divine  
Time,**

**The everlasting Time  
That has far transcended  
the snares of death  
And the frustration of  
bitter failure.**

~

**Real spirituality Needs  
both patience-light And  
speed-delight.**

~

**Let me have patience,  
Eternity's Patience. There is  
no life-problem That  
cannot be resolved By my  
soul-eternity's Patience.**

~

**Patience believes in  
Humanity's transformation.  
Patience believes in  
Divinity's Satisfaction.**

~

**Aspiration taught us  
patience. Patience taught  
us faith. Faith taught us  
God-discovery And self-  
mastery.**

~

**Never forget Your patience-  
exercise. All other exercises  
You can forget, But not  
your patience-exercise.**

~

**Impossibility Always bows  
To humanity's Patience-  
mountain.**

~

**Patience is The sacred and  
secret wealth Of spiritual  
Masters.**

~

# ~ PATIENCE ~

What you need, what I need, what others need, is one thing: soulful patience. We have to know that patience is not something weak. If we are patient, it does not mean that we are forced to surrender to the hard reality of life. No, patience is inner wisdom. Our inner wisdom needs patience, a length of time. It is like a seed. As soon as we see a seed, we expect the seed to grow into a plant and become a tree, a huge banyan tree. But the seed takes time to germinate and gradually become a plant and then a tree. If we have the vision of our patience, then one day we will see that truth will manifest and grow into reality. So what the entire world needs is soulful patience. Then the truth can grow in its own way.

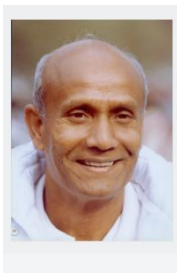


## **Question: What qualities can we gain from the plant kingdom?**

*Sri Chinmoy:* We can gain aspiration to grow high, higher, highest to reach the sky, and also we can gain patience. The plant wants to grow into a tree, but it cannot grow into a tree overnight. It needs patience. Our aim is to reach the highest goal. This aim for the highest we can learn from the plant kingdom. And, at the same time, what we need is patience. That also we can learn from the plant kingdom. So these two supreme qualities — aspiration to reach the highest and patience to wait for God's Hour — we will learn from the plant kingdom.

## **Exercise to increase patience – Be like a child**

In everything we do, we need patience. In the beginning, when a child tries to stand up, he falls down again and again. After falling down a number of times, he could say, „No, I am not going to try to get up any more.“ But he has a tremendous inner urge to walk. He sees his father, mother and elder brother all waking and he, too, wants to go forward. The patience that a child exercises unconsciously, a grown-up has to exercise consciously. For a child, patience is natural because he is all the time in the heart. But because adults live in the mind, they have to try very hard to get back those heart-qualities. We have to bring the unruly mind under the control of the heart.



### **Sri Chinmoy (1931 – 2007)**

Author of over 1.600 published books on spiritual issues.

For more information visit: <http://www.srichinmoylibrary.com/>

*Excerpted from the writings of Sri Chinmoy*  
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