



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.

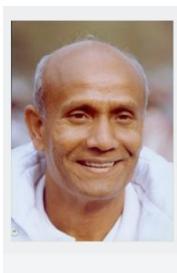


Question: What qualities can we gain from the plant kingdom?

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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