

Patience is a Virtue

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An excerpt from his book "***The Wisdom of Emotions - Building Genuine Happiness and Finding Inner Peace***," copyright © 2013. Books available at the offices of Dr. Coppola, or purchase online: www.DrDavidCoppola.com

It's a good idea to cultivate the virtues of patience and tolerance in your life. Have you heard the saying, "Patience is a virtue"? It is a proverb that has been taught for centuries by the great systems of wisdom in this world for a reason. In order to pleasantly go with the flow of life and see the world with a cup-is-half-full attitude, we must behave according to the wisdom in this proverb.

"Tolerance" in the Chinese character (忍) is symbolized as the edge of a blade (刃) on the heart (心). Why? This image represents how painful it is to accept others as they are while attempting to gently teach peace and loving-kindness through our actions.

His Holiness the Dalai Lama says that those who have a tremendous reserve of patience and tolerance also enjoy easy access to calmness and tranquility in their lives. People with these qualities are more emotionally grounded, experience less illness, sleep with a clear conscience, and possess a genuine happiness.

We must do our best to bring patience and tolerance to consciousness so we are better equipped for making healthier decisions in life. It is times when our patience is tried that we must choose to be calm rather than selfish or defensive. Consciousness and awareness work best in overcoming the protective, defensive modes we are sometimes prisoner to. Meditation helps strengthen our reserves of patience. It behooves us to exercise our ability to embrace life with the attitude of gratitude, which is a patience-booster.

The practice of patience, tolerance and awareness also helps prevent over-developing of the ego. The ego does not need more developing in most people. It sometimes works overtime and creates quite the imbalance in our lives. The ego is an internal force which drives selfishness. It stands for “Edging God Out.” Think about it.