

Guideline 2 : Patience



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Character Guide: Peglo Patience



Peglo waits calmly,
trusting changes take time.
He values each life
and the planet.



Positive Chants from
each guide will help you to
remember the most important
ideas. Say these over and
over to remember them.

**I'm like water, patient, still,
searching for the path downhill.**



Water is always looking for the path
to flow on its way, always ready to
move when conditions are right, but
it is calm and still while it waits. The
surface of the earth is mostly water,
and we are mostly water, too, about
70%, so go with the flow!



Points of View

(how we think...
about a book on medicinal plants)

A book on plants, a simple thing,
it sits right next to me.
You'd think on what it really is
we'd easily agree.

But like so many bigger things
we don't all see the same,
each viewer who describes the book
may choose a different name.

This book is called 'a mountain' to
an ant upon the ground.
Doc Jo might say it's 'medicine'
to cure a snake-bit hound.

Some bugs would eat the book for lunch.
I'd rather read an hour.
My dad said, "Use it as a tool
to press a special flower."

My brother said, "Think what it was
while it was still a tree.
And think of how it looks today
and what will someday be."

So if we rip some pages out
and tear off half the back
at what point is the 'bookness' gone
and what will bring it back?

Can it be tree and cure and food?
What's real about this book?
It may take many points of view
And not just my first look!



Patience Puzzle

(assembling the Truth)

Am I the only one to judge
what's real in what I see?
or can I pause and take a breath
or maybe two or three?

For if I practice patience now,
not rushing to my view,
I may just learn another has
a point that's also true.

So tell me what the world is like
from where you are today
and if I do the same for you
we'll both know more that way.

And if we ask some others who
are from another place
we'll gain another piece of truth
with each new voice and face.

So keep your patience ready
as you name what fills your view.
The truth comes unassembled
and the rest is up to you!





Try it now: I'm Melting!

Experiment : Mental Meltdown

Put a small ice cube on a plate in front of you. How long do you think it will take to melt? Make a guess and write it down. If you do it with a friend you can see who guesses closest. If you don't have an ice cube put some sand in a bag then make a small hole in the bag so it leaks out very slowly. Can you guess how long it will take to empty?

Use a clock or count the seconds out loud. Watch to see how long this really takes.

This is an activity to help you learn more about yourself.



Not only are you watching the ice cube or sand, you are watching your own mind. Do you get fidgety? Is it hard to concentrate? Maybe it is easy for you. I wonder what you notice about the thoughts that drift into your head. So much is going on in there! Are you surprised how your mind bounces from one thing to the next? How close was your guess to the right time? If you try it again you will probably get closer, and you may concentrate better, too, but it does take practice!

Try it now: Brain control

18 .. 19 .. 20 !

You can play this game with a friend, or you can do it by yourself and try to beat your own score.



Game: 20 Breaths

Sit comfortably on the floor or in a chair, but don't lie down, you might get so relaxed you fall asleep! See if you can breathe normally and count your breaths. Breathe in, out, one. Breathe in, out, two. Try to count to 20 breaths. How many breaths can you count before you lose your concentration and forget where you are? This is harder than it sounds!



Try it now: Variety Garden

Sometimes we get impatient with people who are different from us, or judge them before we even know them. Here is an activity to show the value of differences.

Art Project: Diversity

Gather some colored pencils, or crayons or paints. Draw three pictures of a garden of flowers - one picture using only one color crayon, the second with two colors, and the third with as many colors as you like. What do you notice about each of the three pictures?



Try it for real: Watch yourself!



This week I wonder if you can catch yourself being impatient. If you have to wait for anything or anyone, use “Brain Control” to help you wait patiently. If you are impatient when someone speaks an opinion different from yours, remember “Variety Garden” and how boring it would be if everyone were the same. Remember the poem “Points of View” in this section and the chant “Each of You Gives me a Lesson” from Humility. What can this person’s point of view teach you? Listen actively and openly. By noticing when you are impatient you will begin to feel more patient.

The Dalai Lama, a well known Buddhist leader living in exile said, “Many people think that to be patient is a sign of weakness. I think that is a mistake. It is anger that is a sign of weakness.” Impatient moments come and go like the seasons. If you are in an argument and you notice your impatience, smile to yourself. You are evolving. You have taken a step in a better direction.



Try it for real: Tread lightly.

For billions of years the earth has been here, patiently turning, sustaining us. Many lives exist on this planet dependent on the change of seasons. Each life is precious, and we do not want to waste what we have so we need to tread lightly on this earth.

Use this week to think how you can reduce what is wasted, reuse rather than throw away, and recycle. Can you buy things with less packaging? Can you turn off lights or running water you are not using? Can you write notes or print from the computer on the back of used paper instead of getting a new sheet? Can you recycle something you have been throwing away? Can you walk or cycle instead of going by car? Can you help so food does not get wasted or start a recycling program at your school? Can you pick up waste that might be dangerous to wildlife?

Think of something you can do where you are. Then do it!! If you are living a simple life and there are no changes to make, be patient with the rest of us. Changes take time, so have patience.



Try it for real: Be like Water.



Experiment:

Go with the flow

If possible, watch the water coming out of a garden hose. Spray the water watching how the drops gather where they land. How do they move after that? Do they run uphill or down? Do they go around objects or over them? In curved lines or straight? You can also do this experiment in a container or in the sink to save water.

As you go through the week, if you notice yourself feeling frustrated about something you are trying to do but just can't do (like getting that low note on your trombone, or doing the butterfly kick at the swimming pool), don't stress out -- allow yourself to be patient. Maybe the conditions are not right yet. Take another path, keep going but try other ways to get to your goal. Keep building muscles, or knowledge, ask for help from a parent or caregiver, a friend, an expert. Don't give up, and you will make progress. Go with the flow!

