

PATIENCE

pey-shuh-ns

(an ability or willingness to suppress restlessness or annoyance when confronted with delay)



"Patience is the ballast of the soul."

Richard Kim

In a world of instant gratification, now even the microwave oven is too slow. With our modern conveniences we have become unaccustomed to having to wait for anything. As life continues to get faster some people are beginning to view any interruption or pause in the flow as an inconvenience. My challenge for you is to embrace anything that forces you to slow down or heaven forbid stop, as an opportunity to develop the cherished trait of patience.

Working hard and going after our goals are key components to success, but this drive needs to be coupled with patience. As we race through life we must enjoy the time we have now, if not then what is the point? I am not suggesting that we all cast aside the unpleasant tasks that we face every day, but rather to enjoy those moments for which we must wait.

The true value of patience is in enjoying the moment, where we are today and not obsessing over tomorrow. When you practice patience you put yourself in a different space, mentally and emotionally. You take a step back to spend some time in the present and give yourself with a whole new perspective. Pause, think, collect your thoughts, and give whatever is happening right now in your life a chance to play itself out - and perhaps provide you with the answer you were looking for.

Shihan Cyr

FOREVER STRONG.