PATIENCE – What it means to me

"Patience"; The moment I hear this word, I always felt it's a very powerful virtue for a human. Right from my childhood, I heard this word. The time I quarrel or fight with my brother, my mom asks me to be patient. Actually, I used to get wilder when my mom asks to be patient. But slowly in my life, I experienced a lot of changes in me. In every stage of my life I found a new perspective and dimension to this word.

Once when I learnt in my Tamil class *'Poruthaar Bhoomi aalvaar'* (means the one who is patient will rule the world) and 'Porumai Kadalinum periyathu'(means Patience is bigger than Ocean), I was so curious in understanding about this virtue. So, I wanted to apply it in my actions and see if it's true. At First, when I had an argument with my friends or my brother, I kept mum ; thinking keeping my mouth shut is patience. Initially, I saw, I avoided the escalation of conflict. Also, I was happy that I did not spread negativity. But, slowly, I saw something more.

This act of patience gave me extra time to think giving me more light on the problem and get others perspective like, 'What made them speak against my concept'. Also, this patience gave me time to think if I really need to get angry or even react. Even before deciding who's right, I understood being patient will give me more time to think. And, before reacting to the situation if we have the time to be patient, we might get a chance to see more attributes involved in the situation for taking a better decision.

I realised unless I know the whole truth, I can't take the best decision. Every situation involves a whole lots of attributes like prejudice, emotions, ego, etc., and it's really not easy to see the whole truth. Now, when I want to take the best decision (holds good for all the people involved), eventually I will have to be more patient until the moment of decision. Practicing this in my life, I understood that not only I was able to overcome my anger, anxiety but also develop empathy and became stable in taking decisions.

Recently, I realised by being patient, we don't just get more time to think but also that time allows us to be in silence. I feel this experience of being in silence is a more powerful. I'm able to be more alive in the present. Now, I understand patience is not mere keeping my mouth shut or tolerate the delay, but it's a deep feeling of witnessing the whole truth in silence. In spiritual sense, I see my mind, body and my spirit calmly aligning in the present moment leaving myself is bliss.

"Patience is not passive; on the contrary, it is concentrated strength." — **Bruce Lee**

BE PATIENT AND ENJOY THE BEAUTIFUL PRESENT MOMENT OF TRUTH

-Anitha Sekar.