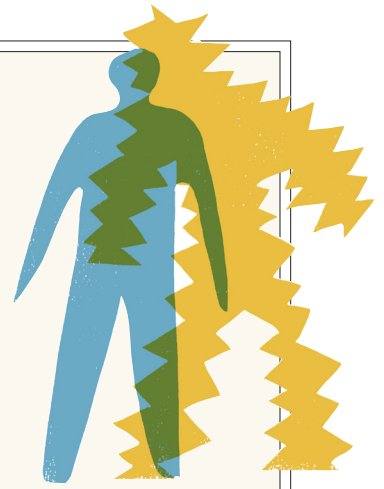


POCKET PARAMIS

# Patience



“No evil is there similar to anger, No austerity to be compared with patience. Steep yourself, therefore, in patience, In various ways, insistently.” —*The Way of the Bodhisattva by Shantideva, trans. by the Padmakara Translation Group*



“Complete patience helps the heart to mature into nonreactivity, and it comes into its full maturity through being animated by the wish to alleviate suffering and to uproot greed, aversion, and delusion.” —*Dawn Scott*

“Patience entails choosing not to respond reactively, allowing other possibilities to arise; it provides tremendous support for mindfulness practice.”

—*Gil Fronsdal*

“Patience is an ocean on account of its depth; a shore bounding the great ocean of hatred; a panel closing off the door to the plane of misery; a staircase ascending to the worlds of the gods and Brahmas; the ground for the habitation of all noble qualities; the supreme purification of body, speech, and mind.” —*Dhammapala, Commentary to the Cariyapitaka, trans. by Bhikkhu Bodhi*

