

# Value Insight

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Bi-Monthly

## PATIENCE

- ▶▶ Impatient for Patience
- ▶▶ Patience Framed
- ▶▶ A Clock called Patience



A bi-monthly magazine of  
Foundation for Restoration of National Values (FRNV)  
Website [www.valuefoundation.in](http://www.valuefoundation.in)



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# Value Insight

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## **Poojya Swami Bhoomananda Tirtha**

### ***Titikṣa the quality of forbearance***

...Titikṣā literally means the readiness and ability to withstand and forbear any kind of torment or affliction which results during the course of your life, no matter from whatever agency it comes. Sreemad Bhagavata would put such torments as threefold - ādhyātmika suffering, ādhibhautika suffering and ādhidaivika suffering.

ādhyātmika suffering, the word atma refers to oneself. ādhyātmika therefore means self-generated, self-caused, self-born, self-derived. What are such sufferings? So far as the body is concerned, we will have different types of ill health. That is one suffering...

Another is caused by the mind and the intelligence. What is meant by “caused by the mind”? Doubting everything, having wrong faith,

wrong assessments and refusal to reconcile with whatever takes place in this world, as if it is a world where you can always have your choices. Are we to have choices here always? Or make a choice – whatever comes, I will accept...

So in the matter of titikṣā, we have, ādhyātmika suffering, ādhidaivika suffering, ādhibhautika suffering. ādhidaivika sufferings are due to providential events in life like cyclone, earthquake, tsunami, lightening, thunder etc. ādhibhautika means caused by other elements like, you can have snake bite, maybe falling of ice, many things can happen, caused by the other agencies. Some are providential developments, not aimed at anybody - general events. Now these are the threefold sufferings and Sreemad Bhagavatam says, these sufferings



can be alleviated only when you know the supreme truth, which is very auspicious, which is very pleasant, very delightful.

So what is titikṣā? titikṣā is the forbearance by virtue of which we will not grumble and complain about the sufferings we have. Give a place for sufferings in your life and be reconciled with them.

Shankaracharya will explain titikṣā in a very, very fundamental and thorough manner.

**sahanam sarva-duḥkhānām- apratikāra-pūrvakam |**  
**cintā-vilāpa-rahitaṁ sā titikṣā nigadyate ||**

Vivekachudamani Verse 24

This is what he says. All the sufferings you must be able to withstand and forbear.

**apratikārapūrvakam** - Even the feeling that you have to redress it should not be there.

**cintāvilāparahitaṁ** - and while suffering you should not have self-pity or a complaint. “I am fated only for this, what can I do! I was born in such a family, my parents did not

bring me up. I did not get what I want, neither the mother nor the father gave me love. What can I do?” See, this kind of lamentation should not be there. Everybody has to grow in a certain way, nobody is previously experienced to marry and have a family, so they will do the way they know. Somebody has to grow, if you feel your growth was not proper, then that is sufficient enough for you to undo it. You know that a certain growth was not alright. Okay, very good! Now grow in the manner you want. Now the parents are not standing in the way, you are an adult. So you can rewrite your mind, rewrite your intelligence, rewrite your nature to a very large extent; some parameters of limitation will be there, it does not matter.

So, this lamentation, saying that “it is in my childhood days ... it is somebody else ... my friend was not alright ... I was put to this” ... These are imprints in your mind. What do you mean by that? If you write on a granite wall or earth, it will remain there as an imprint. You write the same thing in water, will it remain? Write it in air, will it remain? And write it in akasa, will it remain? You can have a scar in your body, but can you have a scar in the mind?

So you should think more and more about the mind's potential, mind's possibility. Mind is much greater than fire. It can digest and dissolve every impact from the world! Actually all the impacts are in the mind. How many thoughts have come, how many feelings and emotions have come! All of them have subsided. The mind is still fresh to think and produce many thoughts. No exhaustion, the mind has felt, by thinking. It has not reduced, it has not increased. So the mind is the greatest fire, which can burn off all kinds of dross put into it, maybe by your parents, maybe by your neighbours. I know of an instance where a woman goes on saying, "In my young days, somebody else misbehaved, somebody else misbehaved, somebody else misbehaved". Arrey! Somebody else misbehaved. Did you misbehave? No! Then why are you worrying? Let the other man worry about it... Whatever you are not responsible for, why should you court suffering? So, we should know where to stop suffering, how to dispose it off and how to remain unconcerned. I think this is a great secret!

I am a very good expert in enabling you to make your mind withstand

anything in this world provided you are open and you are humble. Humility may not be there, but openness should be there. So without any lamentation you must be able to suffer anything whatsoever. *cintāvilāparahitaṁ sā titikṣā nigadyate*

What is considered to be *titikṣā* then is tolerance. This tolerance is addressed to mind's *sukha-dukkhas*, particularly *dukkha*! See, initially you must withstand poverty and after elimination of poverty, suppose you become super rich, then your tolerance must be addressed to super-richness. It is more difficult to bear riches than to bear poverty. So it will go on changing. So the mind should be flexible enough to contain, assimilate and be enriched by all kinds of inputs, plights and fates! This is called *titikṣā*. Think about it.

Harih Om Tat Sat. Jai Guru. Jai Guru.

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# SUBHASHITAM

त्याज्यं न धैर्यं विधुरेऽपि काले  
धैर्यात् कदाचिद्गतिमाप्नुयात् सः।

संकटकाल में भी धैर्य नहीं खोना चाहिए क्योंकि  
यह संभव है कि धैर्य से परिस्थिति संभल जाए।

One should not give up patience even in the time of crisis.  
It is possible that the situation can improve with patience.



## From the President's Desk



On behalf of all those associated with FRNV, may I wish the readers a very happy new year.

Every New Year comes with specially curated television programmes and lavish parties and also with new hopes, desires and most importantly resolutions.

We make resolutions and we break them all too soon, most often. But, what is important is that we all resolve silently or with family friends to effect some changes in our lives. And these changes are always for betterment of our lives, our nature and our habits. Are we then dissatisfied with our lives? Are we greedy for better and better?


Or is it just an expression of the proverbial quest for meaning of life. We think that affecting the changes we aspire for in our resolution will make us happier, more peaceful, more content. And they are quests

such as these that fuelled our ancients and elders and they did leave us with answers to many issues. They have made the world a better place because of their penance and resolve.

At FRNV too we are trying to bring about some change in the world around us and so have taken up the issue of electoral reforms. Soon an action plan will be drawn up. It is a daunting task but I do hope likeminded people will join to make this effort bear fruit. Togetherness is key.

On the 12th of January was Vivekananda's birthday whose famous words are: Arise, Awaken and Act till you Achieve. Let us arise, awaken and act till we achieve!

**S. Regunathan**  
**President (FRNV)**

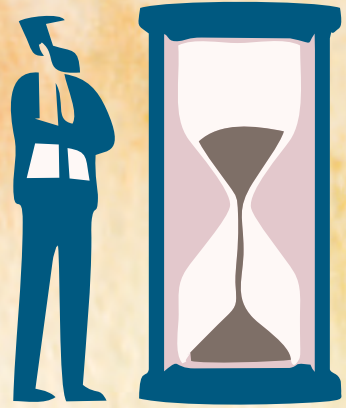


“Patience is not simply  
the ability to wait,  
it’s how we behave  
while we’re waiting”

- Joyce Meyer

# Impatient for Patience

Sudhamahi Regunathan



*Sudhamahi Regunathan finds that patience is a portrait of the beauty, calmness, forbearance and strength of the inner self*

It was like unfolding a Japanese fan. Patience came with so many connotations, held together, as it were, by its very nature. When Shakespeare spoke of patience in love, he drew a verbal portrait of it. Viola tells Duke Orsino in *Twelfth Night* that Olivia is deeply in love with him. Orsino wants to know more about her. Says Viola that her life is blank for,

*“She never told her love, But let concealment like a worm i' the bud Feed upon her damask cheek: She pined in thought, And with green and yellow melancholy, She sat like patience on a monument, Smiling at grief. Was not this love indeed?”*

The wait in love has been exploited by many writers and poets to describe the impatience of patience. There has to be wait in acquiring anything that can last. Even if it is knowledge. The *Mundaka Upanishad* says it is the student who requires patience. He is described as one who is calm in his heart and has his outer senses under control. So difficult it is to practice patience that it involves controlling all your senses.

How then is a mother called a personification of patience? Every other woman is a mother; is patience born with motherhood? The answer seems to be in the affirmative for the warp and weave of patience is love and compassion and that is what a mother feels for her child.



Before the return of the prodigal son, the father spent many years in waiting for the son to learn the lesson. When the son did finally learn the lesson, he took him into his arms with delight and so they said patience is the ability to love and forgive...

If there is total love and compassion, it means restraining of the self. It means putting the comfort and wellbeing of the other before yours... and then patience takes form. This argument extends beyond just another person...even if a lofty goal is to be achieved and there is total dedication to it, patience takes shape.

Lord Mahavira was put to “test” by a person called Sangam. Sangam had challenged the King of Heavens, Indra, by saying that he could not believe that a man could be as patient as Mahavira was said to be. Mahavira, however, proved that there could be a person as patient as he was, for he did not flinch in his penance even though he was put to many tests by Sangam. Eventually Sangam had to accept defeat and this time, patience became defined as being strong and silent.

There are two times: one that is measured by the outer clock and one that is measured by the inner clock.



The time measured by the inner clock is often called patience. It does not measure the time of earth's movement around the sun nor does it break down time into minutes and seconds. It measures human faith in tolerance, forbearance and strength.

Contemporary management mantras, the corporate world and the world of fast paced internet give the feeling that only losers wait. Ever since Jules Verne spoke of going around the world in eighty days, the ambition has been to reduce this time period and today in a few seconds we can mentally cover the entire planet. In this world of technology, of social media and emails, patience has gone out of fashion as postcards and telegrams have.

Now, if it takes less than twenty seconds for an image to download, the blood vessel threatens to burst, acidity increases, blood pressure rises and you call to complain on the slow internet.

Whether it is in the queue outside holy shrines or airports, the sign of strength and power is not to be waiting in these lines.

Patience manufactures time. With a little bit of patience one can actually create time, perhaps some peace also and even better quality of work. An African proverb says patience teaches you the art of listening, the art of waiting, the art of watching, the art of laughing at yourself, the art of dealing with difficult situations and above all the art of controlling oneself.

Hazrat Innayat Khan says in his *Wisdom of the Sufis*, "Patience, in other words, is control and one can say that the will should control the activity of the mind and hold it in check. To be patient is sometimes very difficult for great energy is required to control the activity of the mind. We can imagine patience as a wall against which the tides beat. The wall must be strong to resist the waves, and so it is with patience...Patience is, for the saint and the sage, the first lesson and the last. The more one learns to bear, the more one has to bear, such is the nature of life. Yet, in reality patience is never wasted, patience always wins something great, even when, to all appearances, it loses. Sometimes a patient person seems to be the one

who is vanquished, but in reality the victory is his. In the path of mastery, as in the path of renunciation, patience plays the greatest part. ...Patience often seems like effacement of the self. The Persian poets have called patience, death. Doubtless it is to all appearances, death, for it causes activity to cease, but in reality it is a greater life."

Story is told of a sage who after his ritual bath was coming back to his ashrama when a young boy spit on him. He had become impure. So he went back and took another dip in the Narmada and walked towards his ashram. Again the boy spit on him. Again the sage returned for another

dip. This went on many times. Not once did the sage look at the boy and admonish him. He just went back and washed himself again. Finally tired of spitting and a little ashamed of his attempt to trouble this patient sage, the boy went up to him and apologized. "Oh! Not a problem. I had the opportunity to return to the lap of ma Narmada several times because of that," replied the sage.

The quality of patience comes with maturity. Even though we have standardized time with measurements, every human being has a rhythm and every activity has its own rhythm. To learn to respect that, is patience.







## Patience Framed

Vikram Bhalla

*The author shares with us how photography, through its meditative nature, transformed him from a person who was angry and impatient and transitioned him to a place where he became calmer and with himself and the world around him.*

Patience as a word though, clearly defined, has a variety of meanings depending upon the person and their journeys. For some it is of an interpersonal kind – not to lose your cool when someone on the other end is not keeping up conversationally, intellectually or just getting the task done. For some, patience is more of a macro concept; to be patient when life throws you curveballs, not to get

defeated but to wait and make time heal it all. Lastly and this applies to the majority, it is about just the myriad irritants one faces in a day and having the calm to get to the other side.

In my case I am guilty of all of them. As a young professional I was always annoyed when things did not go perfectly. People did not listen,

they did not do things the right way or simply things did not go the way I wanted them to. Basically, I was angry most of the time. I realized even at that time, though not in totality, that this was not a state to be in as when one is constantly irate and angry there are a few things one is not doing i.e., is hearing, observing and learning. As aware as I was, I did not have an answer. I would try to walk the high road for a few days and I would inevitably end up in the same place.

The problem lies in not understanding that everyone does not solve issues in the same intuitive common-sense way which is to just be aware and work at it. A lot of souls like me need to get distracted with another activity, or do something where the byproduct is calmness and patience; something which makes us stop and be mindful or in a simple explanation use tools. A bad example of this is the Chinese origin Kungfu movies where a student was made to do humdrum daily chores which were Kungfu moves disguised cleverly by the all-knowing master.

My tool was photography. A hobby I forced myself to pick up when I found out that we were

having a baby. I knew that I wanted to document this journey and I was very impressed by a few people looking dapper slinging their impressive SLR cameras with very professional looking lenses. I wanted to be that guy. The guy who takes those amazing photographs which have all friends and families going ecstatic.

My journey into photography started with a big failure. I had great images in my head but when I picked up the camera and shot, everything looked really bad, I mean cringe worthy in my head. Deflated mentally and fairly disgusted with my result, I was ready to pack up the camera. Fortunately, my doggedness and the fear of being seen as a failure, as I had flashed my camera to all and sundry, overpowered any and all apprehensions.

This was my first lesson and I did not know it. I had to slow down, research, read, explore and practice. This made me forget all distractions and work at a pace which was conducive to getting better and the big surprise: I got better!

Photography apart from its functional deliverable gave me a lot

and in hindsight they are all products of being more mindful, self-aware and patient. Luckily for me I did not realize it then as it may have been too early for it to become a habit and, more importantly, there was much more beyond photography I would end up learning both about myself as well as the world I interacted with. Let me share with you how photography through its meditative nature makes a person like me who is angry and impatient transition to a place where one is calmer and in terms happier with myself and the world around me.

### ***The viewfinder***

Photography makes one see the world through frames. No distractions. What's in the viewfinder is your world. One can reframe to remove what is unwanted until the perfect picture is revealed. This is very similar to us removing toxicity from our life, focusing - pun intended - on what is important and not losing one's cool with what does not matter.

### ***People***

The camera gives one the unique ability to focus on a person – their micro expressions. One is able to give them the attention they deserve,

humanize them so you can see them as complex individuals not any different from you. This in turn makes one realize that one has to stop judging and reacting to people on a few of their actions rather give them time and attention which makes them bring their individuality to the task or interaction.

### ***Process***

Photography is a process: find a story you want to tell, get the equipment



ready, choose the settings which you need, create the frame, take the picture, process the image and finally share it . This process done



again and again instills the concept that gratification is not instant but with patience and process one can achieve anything.

### ***Waiting for the moment***

Photography is all about capturing a moment and it is no surprise that the perfect moment does not come on your timeline. Photography teaches one to wait for it and eventually if you have the patience you may get something more than you imagined and wished for.

### ***Observation***

One of the biggest byproducts of becoming a photographer or just being an avid hobbyist is that once you have shot enough you start seeing frames everywhere. No drive or walk is the same; one is always looking for beauty and wonder all







around us. This state of being makes one more mindful which in my thinking is the DNA of being patient.

### ***Beauty***

As the old saying goes that beauty is in the eyes of the beholder which means that if we have the right attitude we can live in the world which constantly amazes us, involves us and brings joy. With photography one is always looking for beauty and a lot of time in not the conventional places but in the

ordinary world all around us making it anything but ordinary.

These are just a few things photography has done for me rest. I cannot articulate but it has changed the way I see things, the way I behave with people and brought me a degree of calm which has made life more fulfilling. So if you are a person like me who understands the virtues of being patient, calm and mindful but fail to achieve that stage there is hope ... pick up a camera you will not be

*Photographs courtesy  
Vikram Bhalla*

# A Clock Called Patience

Rekha Venkataraman



*Learning patience is a skill to be inculcated in the very youngest members of our society – elementary school children.*

***The two most powerful warriors are patience and time***

*Leo Tolstoy*

While these words from the epic *War and Peace* refer to outmaneuvering the enemy during the French invasion of Russia in 1812, I choose to interpret these words differently. After all, Tolstoy was arguably one of the greatest writers on peace, a born aristocrat who became a committed pacifist. Therefore, let us view his word “patience” not as a “warrior” but as the word guide. Patience teaches us, among other things, to value effort and not just success, to learn to trust and wait, and to experience tranquility. Many of us do not possess this quality inherently. Therefore, it is vital to teach the value of patience, to ourselves and others, as a strategy and a primary skill.

Learning to be patient is a skill, and like all skills, it must be practiced consistently and sincerely. To do this, we must start with the very youngest members of our society, namely schoolchildren. I have taught in school for the past twenty-five years, covering a range of age groups. Whether the students belonged to Preschool, Elementary, or Middle school, they all had to learn to exercise patience in going about their daily activities. Teachers employ a pocketful, nay, a satchelful of strategies on a daily basis, but I shall recount my own favourite methods.

Maria Montessori, the great pioneering educator and pedagogist, exhorted teachers to “...wait while

observing...” She advised, “...Let us have endless patience with his (the student's) slow progress and show enthusiasm and gladness at his successes.” A patient teacher brings forth a patient child. One of the earliest times to show young children the value of patience and how to behave patiently is in Preschool. In a Montessori school where I volunteered, we started out the beginning of each year just teaching these bright-eyed, fresh-faced cherubs the simple concept of standing in a queuing line and taking turns with their classmates before any activity. For these three to five-year-olds, who had just left the cocoon of their own homes and entered school for the first time, it was a fundamental skill they were introduced to: learning to share the environment with their peers and acknowledging the need to wait for their own turn. Initially, it was hard for these preschoolers to understand that waiting for their friends to go ahead of them not only showed self-restraint, but also respect. I had to emphasize that stepping out, trying to get in front of others who were waiting patiently, was both rude and unkind. Every day, I made sure to place each child in a different position in the line. A typical class

had anywhere between eighteen to twenty students, so over the course of a month, each student had the opportunity to be either first in the queue and ahead of his or her classmates, or at the very last. I placed a colorful digital clock in the classroom and named it Patience. By the end of one or two months, the preschoolers saw concretely that waiting patiently resulted in each of them reaching their intended goals smoothly and in less time. Those delicious birthday cakes or frosted cookies, trips to the playground, or even unexpected outings to collect leaves and fallen flowers on a beautiful spring or fall day, were worth waiting for. At the end of each six-week period, everyone was given a little badge with the words 'Most Patient', 'Most Kind', 'Most Well-mannered', etc. Imagine my joy one day, when a very bubbly, bouncy, hitherto impatient little five-year old said that the new boy in class could go ahead of her in line to get the double scoops of chocolate mint ice cream that were being served for afternoon snack time!

Inculcating patience and restraint in Elementary school children requires teachers and care givers to become role models and display

empathy and understanding. Elementary school includes Grades one through five, generally consisting of boys and girls ranging from six-year-olds to eleven-year-olds. Teachers must understand that certain students must be taught the same thing repeatedly to arrive at that breakthrough moment. The underlying attributes that help both adult and child to navigate this path of learning are patience, perseverance and practice (The 3 P's!).

I taught ELA (English Language Arts) and Mathematics to various Elementary grades at a private school, and certain tasks and activities helped the students to strengthen their attention span and endurance. I would arrange to have youngsters, who were not necessarily compatible, to sit together in the classroom. Everyone has at some time encountered antagonism. It is therefore imperative in today's world to accept those whom one does not like and to build a good working relationship with them. Certain students would find this extremely hard and request me to pair them up with their 'best friends' while working on a group project or other activity. I would

encourage these youngsters to deal patiently with those whom they 'did not like' or disagreed with. I had to persist in encouraging them to listen patiently and respectfully to others. It was hard, but very often at the end of the academic year, children who formerly disliked each other often ended up as friends who found shared areas of interest.

Additionally, I had a place in class that was dedicated to 1000-piecejigsaw puzzles. Some of these were complex, challenging pieces that could try the patience of even adults! These puzzles were always there, and any student could work on them whenever he or she completed work assignments. Particularly intricate and difficult puzzle pieces would lie unfinished for weeks at a time, but everyone understood that a new puzzle could not be started until the current one was completed. Gradually, the students learned to persist and complete these puzzles, no matter how challenging they were. By the end of the year, I enjoyed observing children expand their attention span and levels of patience.

Gardening is a therapeutic activity for Elementary school



children. It is a pursuit that fosters patience and perseverance. I encouraged each child to grow a plant in his or her individual container. Whenever a student completed an academic assignment, he or she could tend to these plants. Each member of the class had to sow the seeds, water the plants, and observe these seeds blossoming into new mature plants. Each child's plant grew at a different rate, and optimal conditions for each individual plant had to be figured out by the students. More sunlight or less, varying amounts of water, distinct locations within the classroom -- these were nuances that the young minds had to figure out by themselves. Class work and assignments had to be completed before plant work began. These young gardeners acquired patience and appreciation of detail while attending to their projects. By the end of the year, windowsills and floor areas were bursting with colorful pots filled with golden pots, snake plants, spider plants, ivy of all kinds, jade plants, gerbera daisies, ferns and indoor palms!

According to a study at the University of Sussex, reading helps people to slow down their heart rate and reduce stress levels by 68%! I

taught Middle schoolers too, and I use dreading as a tool to help them decelerate and take their time to learn. Middle school consists of Grades six through eight, with students aged twelve to fourteen. I wanted to help them gain confidence in themselves and to understand that patience takes time to develop. I gave them permission to enjoy reading at their own pace and to subsequently discover the wisdom and lessons contained in books. For example, my Middle schoolers were encouraged to read several novels on their own time, in addition to the required curriculum-based reading that I did with them in class. In today's world of electronic devices and video games, many of my Middle schoolers lacked the patience to read a good book. I had to constantly advise them that when reading a substantive novel, sometimes gratification does not occur until the conclusion or end of the book. They had to learn to persevere through the seemingly dull, difficult parts in order to arrive at the interesting and exciting portions. Before reading a novel, I urged them to learn about the setting of a story by referring to a map, and to pay attention to the traits of characters in the plot. How did these

characters compare with real people in their daily lives? Wherever possible, I would do an extended activity associated with the novel.

For example, after reading 1984 by George Orwell, a Dystopian novel dealing with authoritarianism and its attendant evils, we saw the movie Valkyrie, which dealt with the evils of fascism in Nazi Germany. By the end of the academic year, I noticed that many of my Middle school students had learnt to relish the pleasures of reading a good book. Patient immersion in reading helped these pre-adolescents to “engage in deceleration, patience, and immersive attention” (Jennifer L. Roberts).

In conclusion, let us reflect on the words of Ritch K. Eich, a retired navy captain and currently a management consultant in California. He commented, “If you look at the characteristics of some of the world's greatest leaders, you may notice what I did: purpose, approachability, tolerance, independence, empathy, nurturing nature, confidence, and endurance- It's not a coincidence that these words make up the acronym PATIENCE!” Fortitude and

forbearance are necessary assets to be sought after in every area of life.

Both mentors who help learners to develop these virtues as well as their protégés benefit. Perhaps the saying “all good things come to those who wait” is a cliché, but it is true that if we wish to achieve anything notable, we cannot expect to achieve it instantly. As Saint Francis de Sales taught, “*Have patience with all things, but first of all with yourself.*”





# Marksmanship of Patience

Prema Raghavan

*An archer can hit the right mark if he has a target.*

*Arrows in our hand are the choices we have about where to aim and how to shoot our target. The common fixed target for all of us is a good life – a meaningful, peaceful and happy life.*

Patience is a powerful tool in our hands. Patience involves an understanding that all humans are striving for the good life and this common goal is the unifying factor among all people. Patience will enable us to get to this place where wisdom, peace and joy will flow naturally.

## ***What is patience?***

Patience is the ability to

- Sit back and wait for any expected outcome without anxiety, tension and frustration
- Postpone your need for

immediate gratification

- To wait for the gradual long lasting changes which takes time and effort rather than impulsive quick changes; a 10-day crash slimming diet without changing the lifestyle!
- Accept your own limitations in the pursuit of physical, emotional and spiritual growth - we are human and therefore subject to setbacks, failures and errors.
- Be in any relationship, and when trouble arises to the take time and understanding to reach a resolution

- Be flexible to alter plans, when necessary to be adaptable.
- Be calm, committed and considerate in handling life situations from the ordinary to crisis
- Feel strong and peaceful that you are in control of the process of growth
- Feel relaxed with enthusiasm and energy in the process of waiting
- Trust the efforts, sacrifices, changes of building a confident, loving person who is in harmony with life
- Develop the art of listening
- Be thankful for what you already have, while you pursue all that you want
- Be kind to ourselves as we cultivate persistence and patience
- Accept and surrender to the higher forces.

### ***When is patience significant?***

- When circumstances are uncontrollable
- When people are unchangeable
- And when problems are inexplicable.

### ***Why should we be patient?***

- The divine plan is working out for

our own good and we need to trust the cosmic intelligence.

- The conviction that the divine higher intelligence is in control and waiting demonstrates this faith.
- Patience is rewarded in this life and the life after.
- Patience is the recognition of the spiritual force and trusting your instincts.

### ***How should we be patient?***

Let us look at nature. There is always a period of time between sowing and reaping, conception and birth, that requires us to wait for it to develop over a period of time. In humans this phenomenon is vision and fulfillment.

Patience is the hallmark of great understanding. Today's prayer is "Lord give me patience and give it to me now!" We want it and we want it immediately. We want overnight success, instant wealth, quick solutions to our problems, and rapid recovery from illness.

Each of us has traits we have inherited from our parents and other predecessors, the colour of our eyes,



hair, talents, etc. We have also inherited many traits from the creator. When we develop these universal virtues, it becomes divine talents. Some of these are patience, joy, compassion, gratitude, and insight. It is our responsibility to develop these talents.

Everything comes to them in time to those who know how to wait. Patience or waiting is synonymous with complete relaxation and implies the alertness that grows when awareness is at its optimum, waiting for the right moment.

### ***What patience is NOT, what it really IS–***

When we are waiting with patience till our expectations are fulfilled it is not patience, it is an illusion. Real patience never feels like a punishment or enforced morality. The love of something is an undeniable, powerful force.

We are surrounded by impatient people, yet never acknowledge our own selves as impatient and therefore irritating and hurtful to others. We tolerate while waiting for what we want. This is bondage. If

you must be patient with present circumstances that exist due to the past mistakes on your part, this awareness will give you real patience, which can create meaning in our life based on love and freedom.

Procrastination is not patience. Patience is waiting for the appropriate time. We may compound the problem if we hasten through. Patience is not ignoring the problem; sometimes we take shelter in it as an excuse.

Real patience is a joyful act born out of higher self-knowledge and consciously participating in the process of waiting as it unfolds within us, moment to moment. Such patience is both seed and fruit of deep faith.

### ***Impatience and its consequences***

Let's look at the other side of patience.

By being impatient

- We can lose control. The manifestation is anger or depression. Anger is a strong force within us. Every

opportunity to develop anger is also an opportunity to develop patience.

- It interferes with your relationship, family and job, at the personal and social levels. Inevitably you discard whatever is not working out the way you desire it.
- You become tense, worried and waste energy in the wrong direction instead of directing the same energy in the positive direction with patience.
- You withdraw from any situation prematurely as you are not seeing the results you wanted.
- You are ignoring positive aspects in your life and concentrate on what is not there or what has not been accomplished. Thereby becoming a pessimist rather than an optimist.
- You become overwhelmed by the big tasks or problems ahead of you and lose hope and motivation to put in the efforts presently.

### ***Story from epics to reinforce patience***

Every story in our epics and mythology has a clear, but subtle undertone of the authority of

patience. Eklavya is an example of the absolute necessity of any student to patiently learn at his guru's feet.

After being rejected by Guru Dronacharya as a student due to his caste, he persevered on his own to learn from his chosen guru. With intense practice and no encouragement he mastered the art of archery to the extent of excelling Arjuna.

Though he is remembered for his guru dakshina of his right thumb, what is even more amazing is his patience and perseverance at learning from a clay statue.

The self-same guru was a victim of impatience. During the Kurukshethra war, Yudhishtira mumbled a half lie “Ashwathama, (the elephant) has been killed”. In spite of knowing the boon of immortality that Ashwathama had been bestowed, he did not even pause a moment to react to the news and instantly died. Had he shown an iota of patience this great mind would inevitably have realized the truth and been spared the pain of death.

Sita did not clamber over walls or plot her escape, but serenely sat with her blade of grass in faithful anticipation of her husband, Lord Ram. King Ravana of Sri Lanka had held her a captive. She was well aware of the importance of preserving her virtue in the foreign land but she did not get agitated. Right throughout the ten-day war she kept her calm and patience, which was finally rewarded.

### ***Patience as a skill***

Every day brings experiences, which demands our patience, some minor, some major. Have you tested your patience? Think of specific situations and make a list.

- Waiting for a bus
- Waiting at the traffic signals
- Broken down car
- Unexpected visit by a friend when you are not ready to socialize or otherwise occupied.
- Extra chores to be done in the house.
- Waiting for the bathroom.
- Waiting in the bank queue.
- False accusations of wrong doing.
- Extreme financial strains.

- Unreasonable expectations from the family and friends-key relationship in your life..
- Obligatory academic and career choices, coerced marriage partnerships, etc.
- Critical illness or loss in the family.

In which of these situations did you have any control? There are areas within our control, and some out of it. We have to exercise patience where the situation is out of control. We struggle with patience because we don't like the circumstances of that situation. Patience seems difficult as we feel things are out of control.

The first few situations listed above are relatively easy to control and with a little planning adaptability they can be managed. Sometimes we do our best and still fail, as in financial losses, failure in our chosen field, major illness.

Then we must realize that the divine is in control and every experience is essential for our evolution. Young children fall down very often before they walk

independently. We can be patient with a shift in our attitude.

- Like every other skill it too needs practice.
- Develop a consistent philosophy in life and live by it.
- Foster mutual cooperation in solving a problem.
- Accept your strength and weakness.
- Reframe your perspective on the past, present and future.
- Do not dwell on the past mistakes. Learn the lessons of past experience. Do not be anxious about the future and reward yourself by living each day to the fullest with patience.
- Break down your goals into achievable small goals.
- Be systematic in planning and execution.
- Be grateful for what life has given you.
- Maximize your potentials.
- Take full responsibility for your life and do not blame others for your problems.
- Do not be in a hurry and take one step at a time.
- Practice yoga, meditation, games and music that will give you a

balanced mind to handle your problems.

- Have faith in the higher power and trust in you.

Technology has trained us to expect instant gratification. The “World Wide Web”, mobile phones, micro ovens, supersonic jets, computer games, laser surgeries, even prayers on the Internet. As a result we have a decreasing frustration tolerance, which is lack of patience.

We do not take the opportunity to delay our gratification. We have lost many skills in the fast paced, point-and-click world, where technology reigns. Patience or lack thereof, reverberates in critical areas of our lives. Learning patience is essential not only for success but for the development of appropriate interpersonal relationships and social skills.

Poor impulse control can lead to aggressiveness and violence in some. When we learn that it takes time to work towards our goals and plan ahead we can adapt more easily when our needs are not immediately



met. Those who have patience are future oriented.

Watching the sun rise or moon set, birds, gives you the chance to notice the minute changes that happen moment to moment, waiting, watching, learning and enjoying it. Juxtapose this to television's entertainment, which is so controlled that even the advertisement breaks irritate us!

There are several ways to nurture a patient self and to grow into a new understanding.

- Let turbulences drift by patiently, without allowing them to control you
- Perceive the integrity of your own consciousness, with patience, before trying to influence another.
- Show infinite kindness, with utmost patience, to those who do not care for you.
- Patiently remind yourself that you are not the only one suffering. Pain is inevitable in everyone's life, but suffering, which is a reaction to the pain, is optional. We can choose to be

peaceful or aggrieved in our times of misfortune.

- Patiently persevere with what is True, until the kernel of truth reveals itself.

In the final analysis, we either inculcate patience as a positive virtue in which case we gain or if we don't—we lose. True labour is patient persistence coupled with persistent patience. How long should you try? Until.....!.

***“Patience is the companion of wisdom” - Saint Augustine***

**“With love and patience, nothing is impossible.”**



# Swami Vivekananda

## *Getting Ready for a Glorious Future*

*S. Regunathan*

It is true that our childhood and adolescence is generally a preparation for our personality and capability as an adult. We find psychology tracing every character trait of ours to something that happened or influenced us in our growing years. As we read about Swami Vivekananda's childhood, the blueprint of his character is so clearly visible in the influences on him as a young adult. Both his physical and intellectual capabilities owe themselves to one or other experience of his during his childhood.

For a few years, a relative of his by the name of Shri Narasimha Dutta, used to sleep in the cot next to his. Before they fell asleep the aged gentleman would tell young Naren many stories. They were not fairy tales. Shri Dutta was a Sanskritist. He told him of the great works in Sanskrit. He related epics like the Ramayana and the Mahabharata. In addition to that he would teach him



the original shlokas, Sanskrit language and grammar. Specifically, he taught him the Mugdha bodha which is a treatise on grammar similar to Panini's ashtadhyayi and caters to teaching the ignorant as its name implies. That is how Naren gained sound knowledge in Sanskrit. During the day, among his many interests, a form of martial art with a stick was a favourite sport of his. He would partake in competitions too.

In one such as the competition was flagging, Naren rose up to challenge a senior and stronger participant. The crowd was shocked. Their jaws dropped. What is this young boy doing, they exclaimed while they feared for him. But, young Naren rose confidently and eventually broke the stick of the

opponent into two, felling it to the ground. This meant his victory was unchallenged! The crowd went delirious. His love for martial arts is just an expression of his love for physical fitness and agility. He kept lethargy away.

Intellectually also he kept himself very active, always in the learning mode. He would read voraciously, attend public lectures and keep abreast with current happenings through newspapers and magazines.

There were many days when he would accompany his father, Shri Vishwanath, who you may remember was an advocate, when he went for court appearances. Surely he must have imbibed much of his oratorical skills watching the advocates argue. But more than that, the proud father would encourage Naren to interact with his colleagues and friends. Once a senior gentleman, a scholar of Bengali literature was visiting his father. Naren joined in the conversation quoting verse after verse and paragraph after paragraph from standard Bengali literature. The man was so impressed that he blessed him saying, “My lad, we shall hear of you someday.” Was he prophetic or was his blessing so powerful that Swami Vivekananda became a force in Bengali literature in times to come.

A rounded personality is one which understands that a human being is multi dimensional and one needs to learn a little of everything to be able to live a good life. Vivekananda's life provides an excellent example. He took great interest in cooking and learnt to cook when he was in college. And he learnt to sing. He believed that mere rhythm and the notes of the octave do not make music. It has to come from within. It has to embrace the listener and make him or her a sahrdaya or partner in the emotional experience. When he sang people would listen very attentively and soon lose themselves in the music. In fact later his guru Sri Ramakrishna Paramahansa will come under the spell of his music and on hearing him sing would go into a trance.

It is not surprising that a strong spiritual yearning within him made him seek a rational and intellectually appealing understanding of God. Mythology and rituals were not enough. This quest brought him to the Brahmo samaj which he felt was rational and logical in its approach to spirituality.

We will see later what he gained from Brahmo samaj and what led him beyond.

# Children's Corner

## Aila the Restless

This is a story of Aila, a restless and hyper energetic child. She was always on the move, always running around everywhere and whenever she thought of any activity, she would do it then and there, on the spot!

One day, she tripped over a boulder while hurtling around on one of her wild impulsive sprees. She sprained her ankle. Aila was bedridden; her pent up energy

made her depressed. Her parents decided to give her a pony to ride around on to cheer her up. Impulsive and impatient as ever, she galloped off at high speed. "That pony is going too fast!" said the parents. And, true enough, the pony veered and lost balance throwing Aila off. Now Aila was worse off than ever. She started crying. Again her parents felt sorry for her but this time they were wiser with their gift. Aila was presented

with a tortoise as transport. She wailed and protested with the slow speed of the tortoise but over a period of time she learnt to appreciate the slow pace on the back of the tortoise; she had time to



observe and appreciate the beauty of nature, listen to the chirping of birds and the humming of bees... she discovered new things

that she had been missing out on during her impulsive, impatient, hurly-burly days. Now she no longer wanted to do things without first pausing to think about them; everything was much nicer with a little bit of calm.

Do you remember a time when impatience caused you trouble/problems? Or a time when patience brought you solutions and rewards?

*Illustration by Dhriti Baruah*



## When Fools Rush IN

Deep in the middle of a large forest there was an enormous block of ice. A group of animals gathered around wide eyed with wonder. What drew them with intrigue were the splendid jewels that were inside the block of ice. The lion king announced that whoever could get the jewels out of the block of ice would be made his successor. All the animals immediately started trying to get the jewels out. Except for a weasel that stood aside and watched the commotion the animals were causing in trying to get the jewels. The elephant was using his trunk as a hammer; the tiger used his claws that got stuck in the ice. When he pulled them out, they broke! Gazelles tried to melt the ice by licking it but their tongues froze. The monkeys hurled stones but they had to stop because they hurt the other animals. And so it went on all day long. Then suddenly someone

said, "Look! Something is moving inside the block!" It was the weasel! She appeared in their midst with some jewels. The animals were amazed and wondered how she had

got the treasure out without breaking the ice. The weasel explained that before leaping into action she had taken time to think and observe. She realized that the block of ice was too big to break and it would take too long for the sun to melt it. Then, while pondering over the situation, it suddenly occurred to her that she could get to the middle of the block

from underground by digging a tunnel. At the end of the tunnel she could light a fire to melt a small hole in the ice. And so that is how the weasel got to the treasure. She was crowned Queen of the Forest!

One can achieve a lot by thinking over problems instead of immediately leaping into action.



*Illustration by Dhriti Baruah*

# FRNV NEWS AND EVENTS

## 1.VALUES BASED EDUCATION WORKSHOP

FRNV in association with M L Khanna DAV Public School organized one day workshop on Values Based Education on 13th December 2022. The Workshop was organized in DAV School Conference Hall, Sector-6, Dwarka, New Delhi.

About 50 Primary School Teachers from about 25 Schools participated.

Dr. Sharda Kumari, former Joint Director/SCERT moderated the workshop. Ms. Monika Mehan, Principal/DAV School welcomed the participants and the School

presented its activities on Values Based Education.

The workshop was addressed by Shri S Regunathan, President/FRNV. Shri Satish Kumar, Vice President/FRNV gave a presentation on values and ethics being followed in DMRC and how similar values are relevant for school children. Shri Ashwani Kumar, General Secretary presented the activities of FRNV.

President/FRNV called upon the Teachers to be role model and inculcate national values amongst the students.



Lighting of Lamp (L-R) Shri S Regunathan, Shri Satish Kumar and Shri Ashwani Kumar



DAV School Principal Ms. Monika Mehan welcoming President/FRNV



School Principal Ms. Monika Mehan welcoming Dr. Sharda Kumari, former Jt. Director/SCERT



Presentation by DAV School Students



A section of participants



President/FRNV addresses the participants



(Sitting L-R) President/FRNV Shri S Regunathan, Swami Brahmdеvji & President/SOPS Shri Raj Kumar



Group photo on 24-December-2022

## 2. Feedback From Balvantray Mehta Vidya Bhawan (BMVB), Greater Kailash, New Delhi On The Workshop Held On 17th September 2022

(a) Feedback : All the participants had expressed deep satisfaction after attending the workshop. The participants unequivocally agreed that considering dearth of values in

the growing children today and how people are not concentrating on value-based living, value-based education right from the growing days becomes utmost important. The participants highly appreciated the organizers to have enriched their thought process that as educators, they can stimulate awareness among all the members of the society and restore the National and Cultural Values of the country. The participants intended to empower the children- our future citizens to promote and preserve individual, social and universal well-being, development, collective wisdom and peace. All the participants left with fond memories of the workshop.

(b) Its implementation in BMVB school : The school has implemented Value Education in the academic session 2022-2023. Activities had been planned in the beginning of the session from April 2022 to February 2023 leaving the month March for conducting examinations. All the activities are being observed on working Saturdays of every month. The objective of each activity is that the students observe and practice the

values wholeheartedly in day-to-day life. Some of the values observed are: Truthfulness, Healthy Hygiene Habits, National Flag - Nation's Identity and Pride, Getting to Know Indian National Symbols, Cleanliness, Care for Nature, Sharing, Unity, Ahimsa (Non-Violence), Respect, Goodness, Patience, Love and Kindness, Living Together, Sacrifice, Love for the Nation and Peace. The students are actively participating in every activity and certainly some visible changes in their mannerisms have been noticed.

We have already requested all the participants to join Foundation for Restoration of National Values (FRNV) and become a member.

### **3. Youth Training Camp At Aurovalley Ashram, Rishidwar, Uttrakhand From 21-25 December 2022**

A five days (21-25 December 2022) Youth Training Camp was organized at Aurovalley Ashram, Rishdwar, Uttrakhand jointly by the Foundation for Restoration of National Values (FRNV) and Servants of the People Society



(SOPS). The five days residential camp was inaugurated on 21st December 2022 by the Swami Brahmddev ji and gave his blessings.

Shri S Regunathan, President/FRNV addressed the participants on 23rd and 24th December 2022. FRNV Corporate film and presentations were made in the workshop.

S h r i R a j K u m a r , President/SOPS, Shri Niranjana Rath, Vice President/SOPS and Dr. Pravas Chandra Acharya, Secretary/SOPS attended the Training Camp. Eminent personalities in public life Dr. Ramesh Sharma, devoted to Gandhian principles, Shri Narayan Yadav from Uttar Pradesh and Shri A n u p a m j i , J o i n t Director/Industries/Uttarakhand Government extolled participants in the service to public. Shri Narayan Yadav lost both his hands in electrocution but enthusiastically serves Devyang.

40 youth (including 27 male and 7 female) participated in the training camp, mainly from Gujarat, Odhisa, Uttar Pradesh, Uttarakhand and Delhi. All were working at gross-root level and provide support/assistance to needy people, including Women and Divyang.

Apart from meditation, yoga and Shram daan (Karm yoga), training camp discussed topics related to the role of youth in nation building, role of citizens in political scenario and changing international scenario & role of citizens.

President/FRNV summarized that the youth training camp was well received and SOPS has plan to organize similar workshop in the next six months. With SOPS strong field presence, FRNV could enroll these volunteers. Participants from Maharashtra and Uttar Pradesh have shown interest to be associated with FRNV.

Receptivity and sensitiveness are what make one's behaviour endearing and enriching. Do not try to thrust your likes and dislikes on others. Try instead, to find out what those around would expect from you and where you can possibly contribute. Rather than feeling conflict or confrontation every time, look for and generate greater notes of harmony.

*<https://www.Bhoomananda.org>*

(Source: Vicharasethu- Jan 1994, Vol. 29 No. 4)



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