

## October 12, Saturday 2019: Intro to Buddhism – The Practice of Patience

From *the Sutra*:

When engaging in the act of fulfilling the purposes of oneself and others, Bodhisattva's aspiration of not making one's and other's mind disturb or hate, not letting pervaded by suffering – meaning, not letting scared and taking it voluntarily is the 'Patience of voluntarily enduring suffering.' Able to endure without taking offence to other's act of extortion of wealth and beating etc. is the 'Patience of not retaliating.' Gaining conviction in Conventional and Ultimate dharma from the depth on one's heart without any disturbances of the mind is the 'Patience of practicing the Dharma.'

*A guide to the Bodhisattva way of life (Bodhicaryavatara) by Santideva:*

There is no vice like hatred, and there is no austerity like patience. Therefore, one should earnestly cultivate patience in various ways. The mind does not find peace, nor does it enjoy pleasure and joy, nor does it find sleep or fortitude when the thorn of hatred dwells in the heart.

*Introduction to the Middle Way by Chandrakirti:*

If you take revenge upon having been harmed, How can this reverse the harm done?

- 1) Types of Patience
- 2) The object of abandonment of Patience
- 3) How to implement Patience

Web Resources:

<https://thubtenchodron.org/1993/12/endure-difficulty-practicing-dharma/>

<https://studybuddhism.com/en/tibetan-buddhism/path-to-enlightenment/love-compassion/the-perfection-of-patience-kshantiparamita>

<https://tricycle.org/magazine/enduring-fires/>