

# PATIENCE

Patience means calmly taking our time, controlling our reactions and keeping our peace of mind. We learn to wait until conditions are right for changes.



photos: Denise Flora



Being tolerant.  
Valuing different ideas  
and points of view. Taking the time  
to think about these ideas.

Water is always looking for the path that allows it to flow on it's way. It's ready to move when conditions are right, but it's calm and still while it waits. The surface of the earth is mostly water, and we are mostly water too, about 70%, so go with the flow!

*I'm like water, patient, still,  
searching for the path downhill.*

## Patience

