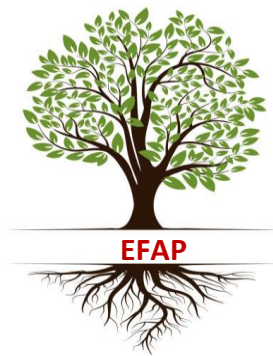




October 2023

## Patience is a Virtue...

It has never been easy to be patient, but it's probably even harder now than any time in history. In a world where messages can be sent across the world instantly, seemingly everything is available with a few clicks of the mouse, and a swift movement of your thumbs can take you into a fantasy game world, it's very hard not to expect instant satisfaction.



We don't always get instant gratification, and some of the best things in life require years of hard work and waiting. Fortunately, patience is a virtue that can be cultivated and nurtured. It does take time to fulfill this goal, but once this has grown into an ordinary skill for you, you certainly won't be disappointed at what life can offer you with some spare time.

You will be surprised by how boring, restless, and lagging hours can evolve into a passing time of relation and peace of mind.

Patience remains a valuable tool in life. It is not just waiting until something happens over which we have no control: the arrival of the bus, the end of the rain, the return of a friend, the resolution of a conflict. Patience is not waiting passively until someone else does something.

*Patience asks us to live the moment to the fullest*, to be completely present to the moment, to taste the here and now, to be where we are. We behave as if the real thing will happen tomorrow, later and somewhere else. Let's be patient and trust that the treasure we look for is hidden in the ground on which we stand.



If you would like to speak to a counsellor about your life challenges, please call one of the numbers listed



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