

Questions for Reflection
Talk 4, Series 11

Here are some ideas for reflection during the week:

- 1) First: What would you describe as your biggest "set-up" for impatience? In other words, what are the situations where you are most likely to get impatient? Presumably, if you identify them, you can take precautions against their arising or prepare yourself to be patient when they happen.
- 2) Second: Are there circumstances where you are surprised at yourself for not becoming impatient? Do you happen to know what it is that prevents the onset of impatience at those times?
- 3) Third: Today we talked about perseverance, equanimity and endurance as methods of staying patient. What are three more kinds of patience that you find yourself using that we didn't talk about today?
- 4) Fourth: What is your strongest kind of patience? How are you in emergencies or when something breaks or when you have to wait in a long line or "on hold" on the phone?
- 5) Fifth: What kind of patience do you bring forth in yourself to deal with the massive problems the world is facing right now, e.g., war, injustice, poverty, global warming, the extinction of beautiful forms of life, etc.
- 6) Sixth: What kind of patience do you bring forth in yourself to deal with the political situation in your city, state, country?