

Degrees of Patience



Mushiba: Most of us can increase our Degree of Patience. Being aware of that ability helps us, I believe, to respond to the myriad of opportunities that The Universe presents to us relating to Patience. During his class on **Patience**, Waith said:

Waith: *“Your level of awareness is directly connected to your ability to work on your Degree of Patience.”*

These opportunities to increase our Degree of Patience usually come in small packages (dynamite comes in small packages!). Consider this: You are waiting in the Express Lane (12 items only) at the supermarket, properly socially distanced. The person in front of you has 13 items instead of 12. Be aware of Patience! Have you thought about how, whenever you need to go somewhere *really fast*, the Express Lane has a disproportionate number of people who create *slowness*?

Take a deep breath, calm yourself and acknowledge that your Level of Awareness has just enabled you to increase your Degree of Patience.