



A Patient Heart



Patience is the road to enlightenment.

The Buddha

**I believe my good is present,
no matter the circumstances.**



WU WEI

Actionless Activity

Sitting quietly doing nothing.

Patience is a Practice

- Notice the negative emotion

- Press PAUSE

- Remember the Truth

God is in this too and is my only Source.
It's safe to slow down.

- Appreciate

- Listen to Inner Guide

For more Practices, join us TUE. 6:30p
UnityCommunityConnect.com – Classroom 1

ATTITUDE ADJUSTMENTS



Manage Expectations

Self-Observation

What's the hurry?

Waiting is Part of Life

Too Self-Important?

Control Yourself

A painting of a field of purple flowers under a blue sky with a purple oval overlay containing text.

A patient breath
is the doorway
to peace.