

# 2nd Class - Don the armour of patience

The enemies we wage war in this teaching are our anger and resentment Explaining once again what are delusions in general Explanation of anger can be found in many books Explanation of resentment is found in How to Understand the Mind

A warrior trains to deal with harsh and difficult situations. We train in the various kinds of patience - voluntarily enduring suffering, thinking about dharma, not retaliating When training in these three types of patience our mind will become very powerful. Elite warriors have the ability to survive harsh conditions and perform delicate dangerous work. Training in patience will strengthen our mind to the harsh conditions of samsaric existence and we can then do the delicate work of improving our self and benefiting others.

Consider introducing one or both of the following practices:

- Transforming adverse conditions 8 Steps p.141 - challenging our patience, love and other virtues.
- Offering the victory and accepting defeat(8 Steps p.149) - which acts as a basis for the more advanced practice of taking and giving out of love and compassion.

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