

INTERNALISING, CULTIVATING AND LIVING THE GOLDEN RULE

Bojum says in the concatenation ceremony:

Be **TOLERANT**. It is my pleasure to bring to your attention the need for tolerance in the conduct of our affairs. Be tolerant in the daily struggle to maintain your place in the picture; be considerate of the other person and charitable in your appraisal of their efforts; even if they at times seem to conflict with or obstruct your own.

Are you as **TOLERANT** as you could be?

We all face challenges that test our tolerance everyday. Some people find it difficult to tolerate noise, some - people's appearance or behavior, some – the weather and yet others find it difficult to tolerate the laws governments make.

I believe that one of the most important aspects of being **TOLERANT** is to understand and respect the difference that exists between one to another. The difference is what makes each of us unique. Would not the world be such a boring place if we were to be all the same and indeed have the same attitude towards everything around us? I think that a highly **TOLERANT** person has the rare ability to subordinate stimulus to a value and not a feeling because if you tie your emotional life to the weakness of others or things, you are empowering those weaknesses to control your life.

For example – the weakness is - **that your partner is constantly channel flicking the TV with the remote control**. If you decide to allow that behavior to anger you, then you have tied the emotion of anger to the weakness of the channel flicking which will control you every time you experience that behavior.

To be **TOLERANT** is to subordinate that behavior, channel flicking, to a value such as – **I respect and understand that others have the right to do as they please**.

We must not loose sight of the fact that each of us also has our own weaknesses that we expect others to tolerate.

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