

A serene sunset scene over a body of water. The sky is filled with dramatic, golden-orange clouds, with the sun low on the horizon. In the foreground, a seagull stands on a large, dark rock. In the middle ground, a person is silhouetted against the bright sky, standing on another rock. The water reflects the warm colors of the sunset. The overall mood is peaceful and contemplative.

2-3) The Ten Commandments

Mindful Wisdom

Patience

2-3-1) The Ten Commandments of The Endurance

Source; Endurance Planet

1. **Quitting is not an option** - Everybody is going to think about quitting. But you can't let it overwhelm you. You can't let it stop you from your success.
2. **Be kind to yourself** - "If you're running and you need to walk a little bit. That's okay. Know that you have weaknesses just like anybody else."
3. **Suffering is okay** - "That's the human condition. We're all going to suffer on one level or another."
4. **Know that there will be an end** - "There will be an end and we can go on to more fertile soil."
5. **Have confidence that you will succeed** - "where you've had success in the past. It will give you confidence to go beyond what you normally thought you could."
6. **Accept your fate** - "Just accept it for what it is and take it one step at a time."
7. **Transcend the physical** - You can keep going as long as you don't get locked into thinking about it continuously. You can transcend that physical aspect."
8. **Don't dwell on the negative** - Look at what's happening out there and focus on even problems of the world or other people. It kind of takes that focus from ourselves."
9. **Focus on the present and set intermediate goals** - "Don't get too far ahead of yourself. Just stay in the present.
10. **Expect a journey and a battle** - "Life is not always simple. Don't think that it's just going to be smooth and not a rocky road. Accept that in your mind and then you can deal with things."

2-3-2) The Ten Commandments of The Patience

Source; David Yoo

1. Have patience with forgetting everything or everyone in the negative.
2. Have patience with forgiving everyone in the negative.
3. Have patience with forgoing forward without looking back.
4. Have patience with reducing or eliminating the hatred
5. Have patience with reducing or eliminating the attachments
6. Have patience with reducing or eliminating the delusion
7. Have patience with feeling the right things positively.
8. Have patience with thinking the right things positively.
9. Have patience with acting positively.
10. Have patience with obtaining the consciousness of right things positively.

2-3-3) The Ten Commandments of Controlling your anger

1. Do not explode with anger. Take a time out and count 10 slowly until you take an action.
2. Walk, run or swim in order to control your anger.
3. Exercise a deep breathe. Talk to yourself, listen music, draw a picture or meditate.
4. Develop a sound religious life.
5. Consult your problem with your family members or friends when you feel angry.
6. Rethink before you express your anger.
7. Forgive others. Do not keep your anger inside.
8. Develop an optimistic and positive mind and life.
9. Be proud of your work.
10. Have a dialog with your spouse and family members often in order to reduce your stress.

The Ten Commandments

The End

