

# Practice Tolerance, Spread Peace

**We are all too judgemental by nature and quick to point out defects in the world. But if you become tolerant, you will see the world differently, says [Brahma Kumari Jyoti](#).**

**T**olerance is indeed one of the most prized possessions in today's world. We live in a world of strife, a world that is constantly bombarded with chaos – the ongoing pandemic being one example. All of us are therefore subject to various types of challenges brought on by this continuously shifting scenario that may seem composed one moment and terribly tumultuous the next. Whenever you face such disorder, let your inner psyche guide you to the mantra of tolerance. Do not force any situation. Others will eventually come to see your point and understand how and why tolerance helps.

Remember though that the fruits of tolerance are at times long in coming. Problems and situations may get worse but one has to



increase one's own level of tolerance. You may also feel that you are tolerating much more than what is actually needed or desired but never give up. Tolerance is a virtue. For instance, a mother tolerates much more than a father when it comes to bringing up a child. On the work front, a father has to tolerate much more than a mother in order to retain his job and ensure an income that can take care of his family. Nevertheless, they both tolerate stoically,

awaiting a bright future with patience and not expecting the rewards to fructify immediately.

When a difficult situation arises and you do your best to exercise tolerance and succeed in doing so, this acts as a foundation for the future and helps when you face a similar situation once again. It is so easy and tempting to lose anger. As for example when you hear or see something that you don't agree with. We all have let our tongue loose or have had our fists fly in such situations. But does getting angry help? If you start losing your temper over each and everything that you don't see eye-to-eye with, chances are high that you will soon gain the ill reputation of being a bad-tempered person. If you fly off the handle over every



little thing, it shows your immaturity at being unable to come to terms with the realities of life.

Intolerance displays qualities of partiality, hatred, jealousy, etc., all of which are negative and signs of impurity in your personality. The more you keep indulging in such acts or words, your own power of tolerance will decrease. And when this happens, you actually begin to harm yourself much more than others. We all know what anger does to our mind and body. Disputes get out of hand because there is so much less tolerance in this world. If we seek harmony and peace, tolerance has to be necessarily practised. So make a tolerant nature an ingrained part of your behaviour or psyche.

Each time you lose peace and go down from your original level, just check how

much energy is needed to push yourself up again. If you can learn to remain constant you will not only save energy but also find that your mental strength increases. This brings in its wake stability and maturity of character. You can now be ready to face anything that comes your way. Strength of character depends upon your ability to remain unaffected by adverse circumstances. For instance, it is rightly said there is a lot of difference between argument and healthy talk. Argument only proves who is right but healthy talk proves what is right. Try it out. It works all the time.

That said, there is also a method in the art of tolerance. A sensible and mature person will never try to hurt sensitive people without any reason. This is also a way of tolerating.

It is rightly said that a person with a long beard will never go close to a flame because of the fear of his beard catching fire. Similarly, there is no point in getting into an argument with a person who is extremely angry about something. If during such a situation you try to show him his mistake there is a very slim chance that he will come around to your viewpoint or see things from another angle.

A practical-minded person will therefore wait for the other person to calm down and that's where tolerance comes in. You must maintain your psychological distance and stay unaffected. Never lose your expensive happiness for worthless shells. Hard-edged rocks ultimately get smoothed by the waves of the sea. A lump of marble can be chiselled into a beautiful statue by a sculptor. All this is tolerance too. This brings to mind what American pastor and author has to say: "Tolerance isn't about not having beliefs. It's about how your beliefs lead you to treat people who disagree with you."