"Like humility, patience is not to be mistaken for meekness and ineffectuality. It can be the fruit of a full-on reckoning with reality — a commitment to move through the world as it is, not as we wish it to be. A spiritual view of time is a long view of time — seasonal and cyclical, resistant to the illusion of time as a bully, time as a matter of deadlines. Human transformation takes time — longer than we want it to — but it is what is necessary for social transformation. A long, patient view of time will replenish our sense of our capacities and our hope for the world."

-OnBeing's Civil Conversations Project

01.	What understandings or "ground rules" are important for you to feel safe or able to engage in a
	conversation? What makes you shut down in conversation? What might you bring to help open
	another person up to a dialogue?

02. What has the process of change looked like for you in some aspect of your thinking or opinion? Has it been gradual or sudden? How did that feel for you?

03. If we consider that there is safety in certainty, how does patience invite us to navigate a shift in thinking that feels uncertain? Should our goal be to move from once certainty to another certainty, OR from one certainty to an unknown landing place?