

Vice

- 1 **Anger:** repressed, leading to continual frustration and dissatisfaction with self and others.
- 2 **Pride:** inability or unwillingness to acknowledge one's own suffering.
- 3 **Deceit:** believing that we are only the ego self; our efforts put into developing our egos instead of our true nature.
- 4 **Envy:** feeling that something fundamental is missing; others possess qualities we lack.
- 5 **Avarice:** feel lack of inner resources; too much interaction may lead to depletion; hold on to resources, minimize needs.
- 6 **Fear:** anxiety; afraid of things that are not actually happening now; apprehension and worry about possible future events.
- 7 **Gluttony:** insatiable desire to "fill oneself up" with experiences; try to overcome feelings of inner emptiness by pursuing a variety of positive, stimulating ideas and activities.
- 8 **Lust:** driven by a constant need for intensity, control, self-extension; push everything in our lives to assert ourselves willfully.
- 9 **Sloth:** a desire to be unaffected by life; an unwillingness to arise with the fullness of one's vitality to fully engage with life.

Virtue

- Serenity:** acceptance; working with what is; peace of the heart with regard to the external world.
- Humility:** sense of benevolence for self and others; love I am participating in is free and real.
- Authenticity:** sense of appreciation, delight in our life; what's here is so precious, exquisite; God revealing God's self to us at all times.
- Equanimity:** inner calm; allowing the heart to accept the radical truth about what happening to arise without identification or rejection.
- Non-attachment:** recognize everything is always changing moment to moment; can only be conscious in the moment; faith and trust in the abundance and fullness of life itself.
- Courage:** dancing in the flow of reality; absolute faith that I am supported by Being itself; a knowing in the heart that Being is here for me.
- Sobriety:** a clarity of heart; appreciation for everything, down to the smallest thing; instead of seeking abundance, reveling in abundance.
- Innocence:** vulnerable, innocent heart; not rejecting of anything; tied into the whole fabric of life; playful, spontaneous, truthful heart.
- Engagement:** awake, engaged heart; engaged with reality as it is presenting itself now; want to be in this world now; aware of dynamism of universe; quality of action.
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