

THE 7 DEADLY SINS

LET'S EXAMINE THE DISTORTIONS

HOW TO DISSOLVE THE DISTORTION OF ANGER

Anger is an energy that will harm and hurt others. At one end of the spectrum it can cause others to fear you and not want to be around you, as you can become a ticking time bomb in a state of imbalance. Learn to watch when the vibration of RAGE boils inside your nature, and breathe.

- ▶ Practice raising your vibration state into a point of high thinking and logic.
- ▶ Stop and breathe before you react
- ▶ Try to understand the other person's perspective (put yourself in their shoes)
- ▶ Identify anger when it starts and know it is a distortion
- ▶ Pay attention to what you are transmitting

Practice this by envisioning times you were very mad and try to think of the opposing view

HOW TO DISSOLVE THE DISTORTION OF ABUSIVE OR COMPULSIVE BEHAVIOUR

THIS INCLUDES ADDICTIONS, SUBSTANCE ABUSE, OVER-EATING, OVER-SHOPPING, ETC.

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- ▶ Creating art
- ▶ Dancing
- ▶ Volunteering
- ▶ Caring for animals
- ▶ Surround yourself with high-vibrational people.
- ▶ Give yourself praise as you step away from filling the emptiness with compulsive behaviors.
- ▶ Form deep connections, emptiness comes from isolation so get into a positive community
- ▶ Get into nature, join a sport.

This distortion is often very hard to tackle, but the first step is awareness



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HOW TO DISSOLVE THE DISTORTION OF ENVY

If you find yourself falling into the trap of being jealous of others it's time to correct this. For what you project will only come back to you. So make sure that anyone you have negative thoughts about. Make an effort to wish them well! It might be hard at first but it gets easier and easier as you practise. You will find as you love everyone you become lighter and more lightness will surround you.

- ▶ Do not watch others or creep on their social media
- ▶ Do not make harsh comments in gossip about others
- ▶ Do not make up stories you are not sure to be true of others
- ▶ Do not be catty or unkind
- ▶ Do not judge others
- ▶ Do not delight in the seeming failures or shortcomings of others
- ▶ Do not become frustrated when others are recognized or successful: your time will come
- ▶ Do not spread gossip

When you wish well for others it will be reflected back and amazing things will happen to you

HOW TO DISSOLVE THE DISTORTION OF LUST

SEXUAL DESIRES NOT ALIGNED WITH LOVE & LIGHT

Divine union was created for a special purpose. It was created when two equal beings find perfect love and resonate with each other without any encumbrances. No hidden motives, no tension of control or dominance. Each a reflection of true perfect love. Through this union the oscillation of pure love and light continually reflects back into higher and higher vortices of energy.

- ▶ Do not act from desire
- ▶ Seek purity, love and connection
- ▶ The body is not love, the body is a tool and a vehicle
- ▶ Seek to understand, fully know and respect others
- ▶ Notice how you feel in the presence of love, it will not diminish and is everlasting
- ▶ Notice that lustful feelings will feel diminishing
- ▶ Notice lust will *NEVER* bring satisfaction or peace of mind

The joining of any beings is meant to be in love and the highest and most sacred expression



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HOW TO DISSOLVE THE DISTORTION OF GREED

Greed is certainly one of the core issues on planet earth. Human beings have a habit of taking far more than they need. This distortion has resulted in the harm of our beautiful home and its many creatures. Nature understands balance. Greed comes as another distortion of emptiness. Because we are in a state of misunderstanding as to why we are not whole. We feel inside that something is lost. So in our distorted view from the ego mind we begin to collect stuff to try to quell the pain. This leads to a habit of hoarding things and stuff in various extremes.

- ▶ Identify that when you go to collect or hoard things that you are really feeling unloved
- ▶ Identify that it is emptiness that you are trying to push away
- ▶ Material things will not create wholeness
- ▶ Simplicity can be beautifully peaceful
- ▶ More does not equal greater happiness
- ▶ More usually equals more to manage, more stress
- ▶ Slow down and allow things to have meaning

The most beautiful things in life are free! Nature, love, family, community & connection

HOW TO DISSOLVE THE DISTORTION OF PRIDE

VANITY AND OVER-IDENTIFICATION OF THE BODY

Thinking that you are your body. When we confuse what we are as a body we can start to do a lot of strange things. We are in a body, we are not a body. A body is made from the food we eat and is a construction of earth elements. What we are is far more than a body. Thinking to yourself only as the projection you see will lead to great pain and suffering. The body temporal and will eventually pass away so it is best to cultivate an understanding of one's own eternal nature and spirit.

- ▶ Try to stay off of social media and over-identification with visual form
- ▶ Try not to judge other bodies or over-inflate any bodily form
- ▶ Become more than your physical presence
- ▶ Become more loosely attached to your ego and the identity you have formed
- ▶ Don't take yourself so seriously
- ▶ Laugh, play, enjoy life, slow down, lessen or lose all judgements

True beauty can only emanate from within and the only true beauty is love which is unconditional in nature and wholly eternal



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HOW TO DISSOLVE THE DISTORTION OF APATHY

FEELING HOPELESS OR WITHOUT PURPOSE • VICTIM MENTALITY

When we feel sorry for ourselves we tend to take no action to help ourselves. The first step is losing one's own sob story, realizing we are not the story of this life. What we are is far more than that which can be encompassed in 100 years. Our lives are part of the path to wisdom that all souls must walk. And the obstacles we encounter were carefully chosen for us and by us as part of our evolution. We are all on a path seeking for one purpose: HIGHER LOVE. We all have a purpose.

- ▶ Action will create momentum: any action in a positive direction
- ▶ All obstacles are for learning and the universe always is always supporting us
- ▶ When we feel hopeless it creates a stagnant state that renders us incapable of feeling joy
- ▶ Remember we are in control of our minds
- ▶ We can direct them to reform our thoughts into a beautiful framework of gratitude.
- ▶ Always turn towards acts of service
- ▶ Always be willing: A willing participant will will never feel disempowered
- ▶ Find joy in all tasks
- ▶ Do not create a mental hierarchy of tasks which are good or bad, desirable or undesirable.
SIMPLY BE WILLING

