

# THE 7 DEADLY SINS

## EXPLORING THE CORRECTIONS

### HOW TO CULTIVATE THE CORRECTION OF PATIENCE AND TEMPERANCE

Patience and control being the other side of anger (WRATH), are beautiful skills that are worthy of learning. As we teach ourselves of these ways of thinking and balancing the mind; we will find that a gentle calm will start to pervade over all that we do.

Practise this while doing ordinarily boring or irritating tasks (like standing in line, waiting for a train or traffic. Use your mind in these times and practise slowing down and simply being present.

**\* Watch as your breathing slows down, and you become calm and anxiety fades away\***

- ▶ Try sending loving energy to someone on the other end of a phone call
- ▶ Take time to listen to others and connect
- ▶ Taking time to look into people's eyes
- ▶ Notice your heart fill with the power of genuine connection
- ▶ Don't rush through everything
- ▶ Less is sometimes more
- ▶ Enjoy the process of living
- ▶ Disengage when you can from the trappings of time and space

### HOW TO CULTIVATE THE CORRECTION OF MODERATION AND WISDOM

Knowing your limits is important. Over-indulging is a huge issue in mental health today. This idea that life is supposed to be over the top and high-octane to be fulfilling is incorrect. This fast paced go-go-go way of being is fracturing our spirit. Life is supposed to be intense, this is true. But intensely beautiful through our connection with others and with the earth. Bliss manifests when we connect - not when we escape and disconnect. The cheap "pop-a-pill" quick-fix mentality is leading the moral breakdown of our human family.

- ▶ Do not use too much alcohol. It causes distortions and depression
- ▶ Do not overwork or over stress yourself for the purpose of greed
- ▶ Take time to slow down. Appreciate the unfoldment of life
- ▶ Take time to be with yourself alone and learn to know yourself



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### HOW TO CULTIVATE THE CORRECTION OF GRATITUDE AND KINDNESS

Being thankful and grateful for all your gifts, lessons, circumstances and the ability to expand and grow. Everything in life is useful to our evolution, even some of the more difficult of our projections and experiences. Realize that we can find growth and wisdom in every opportunity. Be kind to all living beings and to our planet. Gratitude extends from the knowledge that we are unity and that all is one. Hold grace above all other things.

- ▶ Wake up and count your blessings
- ▶ Our blessings are always many
- ▶ Be positive always, make it your default setting
- ▶ See others around you in a kind and thankful light
- ▶ Do not seek faults in others
- ▶ Do not seek to judge, and have ultimate compassion for all life
- ▶ When you come upto frustrations present willingness to learn
- ▶ Be open to learning and growth

### HOW TO CULTIVATE THE CORRECTION OF PURITY AND INNOCENCE AND LOVE

All of us were created in innocence. All small and tiny creatures including human babies arrive here pure and with no distortions. Remember we were created in this light and love. We are here to add the element of wisdom to our pure and eternal nature. We are here to become a higher version of infinite love.

- ▶ Remember yourself as a child
- ▶ Try to recall vividly your nature when you were small
- ▶ Practice the feelings and the vibratory state you were in when you were first incarnate here
- ▶ Look inside people not at the surface
- ▶ See the light of all others
- ▶ Reach out to help others
- ▶ Soften your distortions and allow your nature to relax
- ▶ Discard all bitterness, judgements, grudges and old traumas



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### HOW TO CULTIVATE THE CORRECTION OF GENEROSITY AND CHARITY & GIVING

Love is extension and never the perception of lack. It is the ultimate understanding that nothing in the form of material "stuff" is ever above the energy of love transfer. So when you have corrected the mind and spirit it knows that it always and eternally will have everything it ever needs. Charity means the extension of service with no expectation.

- ▶ Give freely of your energy to all the need it
- ▶ When we give through the heart we heal others and ourselves with connection
- ▶ Let the gift be authentic
- ▶ Do not ask others for things or place burden on them
- ▶ Be humble and require nothing, for this is when you will be given everything
- ▶ The pure heart is at peace and wishes nothing for itself other than the steady flow of love
- ▶ Understand that all life is made possible only through love
- ▶ Light is love and it manifests here as nature. Nature in its truest form is self regulating
- ▶ Lifting others is the kindest form of charity so they can learn to be strong and help others

### HOW TO CULTIVATE THE CORRECTION OF HUMILITY AND THE EQUALITY OF ALL

Having a balanced mind means that you perceive all things as they actually are. All life is equal, and there is no hierarchy of form. All cultural, sexual, racial, religious or status based distortions of inequality are simply not correct. To balance the mind we must come to KNOW this at our very core and on all levels of perception.

- ▶ Learn to accept all people equally in love
- ▶ Understand that all are learning and on a very personal path back to unity
- ▶ Watch for judgements arising that create the distortion of separation
- ▶ Find peace and grace in non-judgement and acceptance of all
- ▶ Protect those that are weak
- ▶ Foster a quiet diligent humbleness about yourself
- ▶ Do not seek attention to fill emptiness
- ▶ Do not attempt to place yourself above others in speech, action or intent of personal position or identity



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## EXPLORING THE CORRECTIONS

### HOW TO CULTIVATE THE CORRECTION OF DILIGENCE, ACTION AND CREATION

When you feel lost or unsure of what action to take remember that the act of doing is appreciated and noted by the universe. Just your effort is loved. Notice your own internal compass on if your actions are correct or not in alignment with love. In the true acts of creation energy you will be fully extending your gifts to the world and therefore you become the light of the world.

- ▶ Learn to listen to the still small voice inside you that will guide your actions, words & deeds
- ▶ In the waking hours pay attention to creating something of value
- ▶ When it is time to rest do so, so your spirit can recharge
- ▶ Enjoy the art of living
- ▶ Find romance in all forms of being
- ▶ Be bold and brave with correct action
- ▶ Integrate random acts of kindness
- ▶ Treat everything lovingly (even things you perceive as inanimate) as it is all connected
- ▶ We are all connected and Divine energy flow through all things

