

Love and Virtues are like an umbrella that govern all of our feelings so that they can be directed and regulated
By our higher, spiritual nature. If our feelings are directed by passion, idle fancies and vain imaginings,
We will fall into our lower nature or self, which is capable of oppression.

LOVE
COMPASSION AND DETACHMENT

VIRTUES

Trustworthiness Truthfulness Helpfulness Faithfulness Discipline
Confidence Consideration Courage Obedience Orderliness Patience Peacefulness
Prayerfulness Mercy Moderation Modesty Loyalty Mercy Purposefulness Enthusiasm
Determination Respect Responsibility Flexibility Forgiveness Reliability Reverence Service
Steadfastness Tact Honesty Thankfulness Tolerance Honor Courtesy Gentleness Generosity

FEELINGS

Sorrowful Unhappy Depressed Melancholy Injured Isolated Offended Tortured Lonely Bitter
Skeptical Suspicious Dubious Hopeless Powerless Pessimistic Resentful Irritated Enraged Furious
Annoyed Provoked Sullen Indignant Irate Wrathful Cross Confused Awkward Bewildered Fearful
Worried Doubtful Hesitant Dismayed Cowardly Threatened Appalled Petrified Gutless
Hypocritical Bored Phoney Two-Faced Distant Jealous Envious Mixed-up Cruel

Lower Self or Lower Nature

Greed The Struggle for Survival Deception Hypocrisy Tyranny Dictatorship Oppression
Disputes Dissention Disunity Strife Bloodshed Looting Pillaging