

song: *Hero* – Chad Kroger

week #34

**virtue:** (n: own it)

- the quality of doing what is right and avoiding what is wrong

*advantage, character, consideration, faith, fortitude, hope, ideal, innocence, merit, quality, rectitude, value, worthiness*

*"All virtue is summed up in dealing justly." –Aristotle*

So it seems our word of the week points to that which we all know; the difference between what is right and what is wrong. Who determines if an act is virtuous? Is this determination made with truth or judgment? Virtue, at its deepest meaning is to live by solid principles and be consistent in one's dealings with the world.

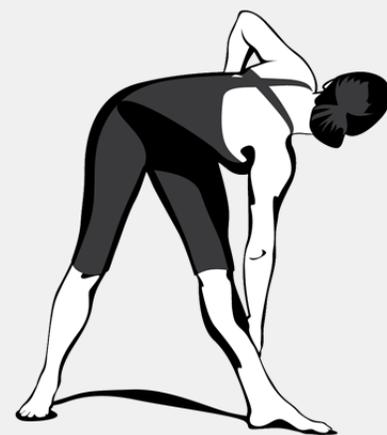
*"Virtue? A fig! 'Tis in ourselves that we are thus or thus. Our bodies are our gardens, to the which our wills are gardeners." –William Shakespeare*

The Seven Contrary Virtues were derived from the Psychomachia ("Battle for the Soul"), an epic poem written by Prudentius (c. 410). Practicing these virtues is alleged to protect one against temptation toward the Seven Deadly Sins:

**Humility against pride**  
**Kindness against envy**  
**Abstinence against gluttony**  
**Chastity against lust**  
**Patience against anger**  
**Liberality against greed**  
**Diligence against sloth**

In this week of virtue, do your very best to make the wisest choice from your heart, with respect; for yourself and for those in your path. Each day, at one point, attempt to make a more valiant choice, choose a higher road, and you will walk away with a more pleasant feeling in your heart.

**Action:** The essence of virtue may be as simple as doing unto others as you would have done to you. No matter what race, ethnicity, or religion, this one basic tenet seems to crossover through humanity. Whenever you're not sure of your actions, ask yourself, am I balancing my passion with virtue?



*During Reverse Rotations, the virtue of the exercise is in "wringing out" your torso. Detoxify your vital organs and mobilize your spine.*

**August Color: Sun Orange**

Sun Orange eliminates self-consciousness and allows you to express yourself with radiance and confidence.

**August chakra: Sacral Chakra**

When balanced, the sacral chakra can help us find healthy pleasure.