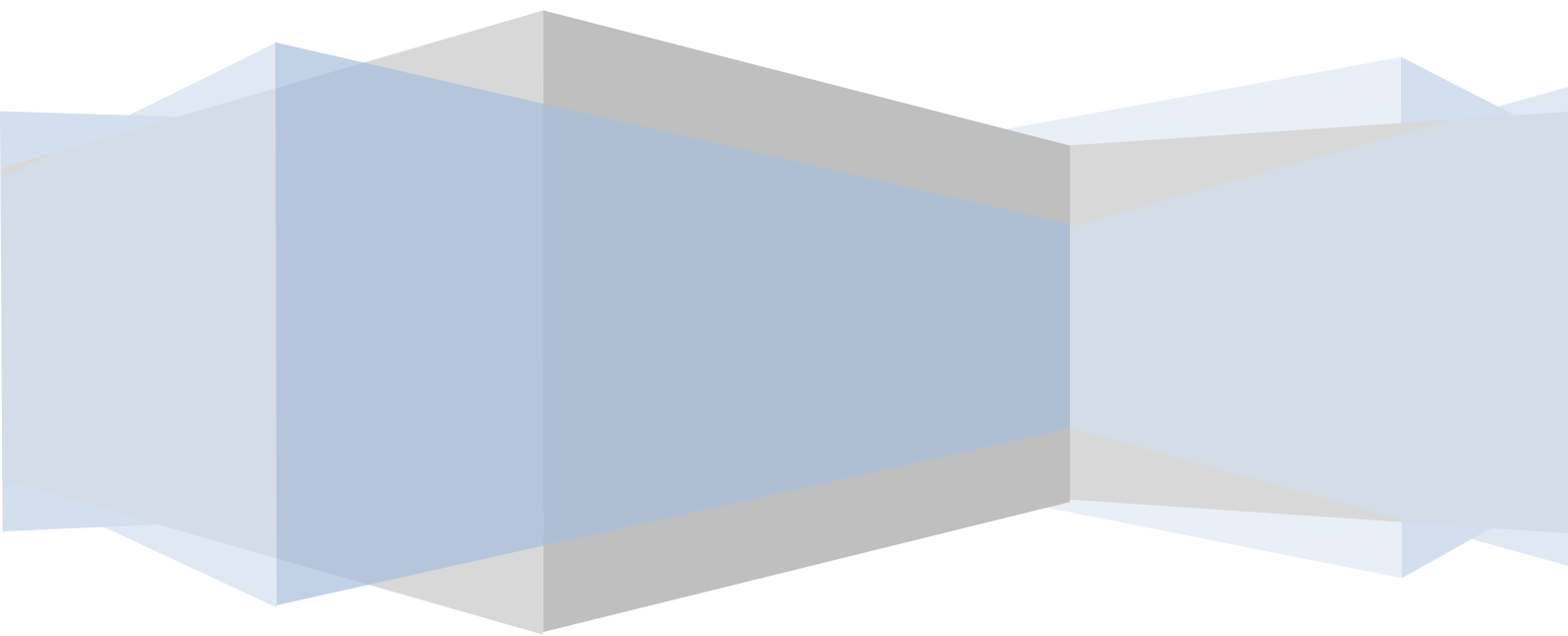


The Inner Coach

# Sins & Virtues Explained



Keith Collins

**Sins** are male emotional energy.

**Virtues** are female emotional energy.

When a wavelength of pure emotion is divided by gender it causes the effect of a sin or a virtue.

Seeing an experience as a sin or a virtue is a perspective based on a perception of gender.

When sins or virtues are judged to be good or bad, my perspective is divided by polarity.

Polarity determines the direction & of my thinking relative to the attitude of my beliefs.

My thinking can be in positive alignment or negative misalignment with my Soul's vision.

My Soul has no negative polarity only clarity of direction.

My Soul has a pure frequency of thought transmitted on a pure wavelength of emotion.

My Soul's feeling is never divided by a perception of gender.

God has no male or female inclination.

When my ego self sees a sin as bad & wrong and a virtue as good & right, my perspective is misaligned & mistaken.

My Soul sees only the Good in all Sin & Virtue and the purity of their Holy Communion.

In absolute reality, yin & yang are never in opposition.

**Sloth** is the male energy of being off track.

**Diligence** is the female energy of following another's path.

I diligently do my duty as ordered & authorised by another.

I am idle & lazy when I am not following another's orders diligently.

I am slothful when I am not following my own path.

I follow my own path effortlessly.

I follow another's path diligently & dutifully.

When I dutifully follow my Soul's path with diligence, my life is effortless.

Following another's path is always hard work.

Taking the easy way out is seen as lazy & idle.

It is my destiny to flow effortlessly on my path.

Effortless is neither with effort nor without effort.

I cannot be effortlessly off track.

Following my own path is never hard work.

**Wrath** is the male energy of my will power.

It is the will of Man not the will of God.

**Meekness** is the female energy of following the will of another.

It is never God's Will for me to follow the path of another.

Meekness is the will of a woman who follows her man.

It meekly obeys the wrath of another's authority or will.

Anger is the male energy of being without feminine patience.

When my will power is depleted, i get angry.

With enough emotional energy, I have the patience to meekly follow the wrath of another.

Will power is the wrath of my ego self.

Meekness requires the will to be patient.

Being slow to anger requires the wrath of meekness.

Following my Soul's path requires no will power, no patience, no anger, no meekness, no wrath.

It does require the ability to allow all others to follow their own path.

**Greed** is the male energy of competing to be better than others.

**Pleasing** is the female energy of helping others to be better than they are.

I please others to help them win and appear better than they are.

Needing to win by competing against others is greedy.

Greedy people need others to please them.

Pleasers support & promote greedy people.

Greedy people need followers who please them.

A group of pleasers is called an entourage of yes-men.

Pleasing is an unselfish act that makes another selfish.

Fulfilment comes with being better than I am.

I do not need to compete with others for my emotional energy when I am feeling fulfilled.

I compete only with my self to improve & become better.

My Soul pleases only its Self by providing a unique personal path to fulfil & to follow.

My ego is greedy & selfish when it pleases itself.

I am greedy for the pleasure of fulfilling my destiny, which is truly selfish.

**Lust** is my male energy of wanting.

**Love** is my female energy of needing.

I would love to have whatever meets my emotional needs.

When I balance my yin & yang, I realise that there is nothing that I want or need.

I want & lust after what I believe that I physically need.

I love & value what I believe that I emotionally need.

What I need and have emotionally has value for me.

What I want & lust after physically has value for me.

Neither wanting nor needing has true value for me.

There is true value in the gratitude & appreciation of having everything that I want & need.

I cannot truly love my life when there is something that I need.

I do not truly love life when I am lusting after what I believe that I want.

Wanting & needing are a statement of 'not having' that attracts the experience of lusting for love or wanting what I think that I need.

**Gluttony** is my male energy of excess.

An excess is a glut of more than enough, which is too much.

**Scarcity** is my female energy of poverty & abstinence.

Poverty is the experience of not having enough or having too little of something.

Abstinence causes my own limitation because of my scarcity mentality.

A scarcity mentality sees a world of limitation.

It seeks more than enough now to ensure plenty in the future.

It believe that plenty now will ensure enough for the future.

My Soul lives in the eternal now of abundance.

In each present moment there is always enough.

With enough, I am content because life is abundant right now.

Any experience to the contrary is the effect of my perspective of scarcity that causes my extravagant outlook.

I do not need plenty for the future when I always have enough for now.

**Envy** is the male energy of desire.

**Kindness** is the female energy of passion.

I have a desire to have what others have and I do not.

I have a passion to be kind to my kind of people.

People who I envy are my kind of people.

I want to be like the people who I am like.

I desire others to like me and to be like me.

My passion is to be like other people whom I like.

I envy other people's kindness.

I desire life with a passion when I want a passionate life.

I choose to desire only gratitude in my passionate appreciation of my kind of life.

I choose to be in gratitude of everything that I have and in appreciation of everything that my Soul provides for its Self.

**Pride** is the male energy of being outstanding.

I stand out when I am proud.

I am proud of standing out from the crowd.

**Humility** is the female energy of not standing out.

It is the modest way of not being outstanding.

It sees the best way as the modest way.

Being modest is the best way to be outstanding.

Modesty sets me apart from the crowd that is trying to be outstanding.

Humility is being proud of not being proud, which is the best way.

Standing out from the crowd is an achievement.

Being at one with my soul is an attainment.

My soul expresses humility with pride because pure energy has no division by gender.

Being at One with my Soul is the best way.

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