



The 144 Virtues, Embodying the Virtues to Transform Ourselves and the World in 2012 and Beyond

Study Materials and Resources

I. Definition of Virtue¹

Source: Webster's on-line dictionary www.merriam-webster.com/dictionary/virtue

1. a: conformity to a standard of right : morality; b: a particular moral excellence
2. plural: an order of angels; celestial hierarchy: a traditional hierarchy of angels ranked from lowest to highest into the following nine orders: angels, archangels, principalities, powers, virtues, dominions, thrones, cherubim, and seraphim
3. a beneficial quality or power of a thing; power to do good
4. manly strength or courage : valor
5. a commendable quality or trait : merit
6. a capacity to act : potency
7. chastity especially in a woman



II. The 144 Virtues and the 12 God-qualities of the Cosmic Clock with Associated Masters²

Source: *Predict Your Future, Understand the Cycles of the Cosmic Clock*, by Elizabeth Clare Prophet, Summit University Press, 2004.

| The 12 God-qualities of the Cosmic Clock | | | | | | |
|--|-----------|----------------------------------|-------------|---|--|------------------------------------|
| Line on the clock | Sun Sign | Master Ensouling the God-quality | God-quality | Attributes | Possible Associated Virtues – Fill in YOUR selection | Chakras and the lines of the clock |
| 12 o'clock line | Capricorn | Great Divine Director | Power* | hold and intensify the divine plan for a person or project; precipitation; spirit becomes tangible matter | | Crown |
| 1 o'clock line | Aquarius | St. Germain | Love* | Energy of freedom and transmutation; forgiveness | | Seat of the Soul |
| 2 o'clock line | Pisces | Jesus | Mastery | Mastery of the emotional plane; peace | | Solar Plexus |
| 3 o'clock line | Aries | Helios | Control | Control of the flow of life through our beings from the Great Central Sun Magnet | | Heart |
| 4 o'clock line | Taurus | Godfre | Obedience | Law of conformity to the inner blueprint | | Third Eye |
| 5 o'clock line | Gemini | El Morya | Wisdom* | Illumination or wisdom necessary for obedience to the will of God; outpictures courage, forthrightness, self-reliance, initiative | | Throat |
| 6 o'clock line | Cancer | Serapis Bey | Harmony | Initiations of the flame of purity and ascension flame, master the flow of harmony of the 4 lower bodies | | Base of the Spine |
| 7 o'clock line | Leo | Goddess of Liberty | Gratitude | Affirming the gifts and graces of the spirit, our appreciation for all of life | | Seat of the Soul |



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| 8 o'clock line | Virgo | Lord Lanto | Justice | Flame of God-justice, attaining sense of individual worth, all have equal God-potential | | Solar Plexus |
| 9 o'clock line | Libra | Mighty Victory | Reality | Helps distinguish real Self from non-self; initiates projects into physical quadrant; victory fulfilled | | Heart |
| 10 o'clock line | Scorpio | Cyclopeia | Vision | Correct use of creative energies through God-vision; single-eyed vision; third-eye vision; inner vision; immaculate concept | | Third Eye |
| 11 o'clock line | Sagittarius | Lord Maitreya | Victory | Focus of illumination and God-victory | | Throat |
| | | | *three-fold flame | | | |



III. The Chakras and their God-qualities³

Source: The Human Aura, How to Activate and Energize your Aura and Chakras, Kuthumi and Dwal Khul, Summit University Press, 1971

| Chakras (from The Human Aura, Book 2, by Djwal Kul) | | | |
|---|--|--------------------------------|---------------------|
| God-qualities manifest and resonating through the chakras | Chakra | Number of petals in the chakra | Ray/color frequency |
| *Wisdom | Crown Chakra | 972 | yellow |
| Vision/Illumination | Third-eye Chakra | 96 | Green |
| *Power | Throat Chakra –the authority of the word | 16 | Blue |
| *Love | Heart Chakra | 12 | Pink |
| | Secondary heart chamber | 8 | peach |
| Peace | Solar plexus chakra | 10 | purple and gold |
| Freedom | Seat of the Soul Chakra | 6 | violet |
| Purity | Base of the spine chakra | 4 | white |
| *three-fold flame | | | |



IV. Virtue and Character - Why Study?⁴

Source: <http://www.virtuescience.com/character.html>

[This web site is authored by James Barton, of Warwickshire, England.]

Imagine driving a car. If the steering was misaligned and continued to pull you to the left or the right, or otherwise did not respond properly, then it would become a priority to get it fixed.

Your Character is far more valuable and useful to you than a car or other material object. It is natural and logical to direct some of your time, energy and attention towards the contemplation of your Character.

It is a principle of life that the more we study a subject the greater our knowledge and control of it grows. Let us then study Character which is at the root of all the world's problems and their solutions.

All your thoughts, speech and actions (which greatly affect your circumstances) arise from the quality of your personality. Almost all personalities contain flaws and are "lobsided" to some degree. By lobsided I mean that some qualities are over extended whilst others are stunted resulting in vices such as greed, cowardice and dishonesty etc.

Understanding and reclaiming natural Virtue is at the heart of genuine self-improvement. From now on, every time that you read an article about self-improvement and personal success, see it in the light of the Virtues. You will find that many, in effect, are describing various virtues such as bravery, persistence, spontaneity and patience etc. When you appreciate this you will gain a valuable overview of the whole subject of self-improvement. A deep curiosity and love for the virtues will awaken. As your love and acceptance increases for the forgotten and repressed aspects of your Character they will re-integrate with you and again become available for your use.

In terms of time and energy it is much more "cost effective" (and more enjoyable) to increase your virtue than to try and force a behavior change in yourself. The increased virtue will naturally beneficially influence a wide range of your behaviors. Some negative habits will disappear by themselves without the need for conscious effort.

Dedicate a notebook to your study of the virtues. Write a list of as many virtues and vices as you can and explore how they are related to each other. You may be surprised to discover a universal pattern in them. Keep a record of the questions you have about the virtues and the insights that you gain from exploring those questions.

What assumptions have you been holding about Character and the Virtues? Maybe some of your assumptions have been holding you back. Do not accept negative, self-limiting beliefs from others who may have made absolutely no study of the subject. Instead find out for yourself with gentle persistence and a genuine open minded curiosity. Some claim that there is a limit to character improvement and so



then make no effort to improve. If you believe that there is a limit then first reach it and then look again. You may find that the limits, which seemed so solid from a distance, melt away as you approach them.

By focusing your attention on positive qualities you will be raising up your outlook on life and you will find that your Character also raises up to greater levels of harmony. Examine your personality as if for the first time, try and look into deeper layers of yourself. The Light of your attention will illuminate and bring to the surface many hidden treasures from within your nature.

Is there a Foundation Virtue?

Many people interested in the virtues, ethics and morality, etc. have put forth ideas that a particular virtue is the base of all the others. Study these quotes to see what I mean:

"I think the first virtue is to restrain the tongue; he approaches nearest to gods who knows how to be silent, even though he is in the right. " **Cato the Elder (234 BC - 149 BC)**

"Courage is the ladder on which all the other virtues mount." **Clare Booth Luce(1903 - 1987)**

"Gratitude is not only the greatest of virtues, but the parent of all others." **Cicero(106 BC - 43 BC)**

"Self-respect is the cornerstone of all virtue." **John Herschel (1792 - 1871)**

"Patience is the greatest of all virtues." **Cato the Elder(234 BC - 149 BC)**

"One isn't necessarily born with courage, but one is born with potential. Without courage, we cannot practice any other virtue with consistency. We can't be kind, true, merciful, generous, or honest."

Maya Angelou(1928 -)

"Hope is both the earliest and the most indispensable virtue inherent in the state of being alive. If life is to be sustained hope must remain, even where confidence is wounded, trust impaired." **Erik H. Erikson**

"Only the brave know how to forgive; it is the most refined and generous pitch of virtue human nature can arrive at." **Sterne**

"No virtue is safe that is not enthusiastic." **Sir J. R. Seeley**

"The most eminent virtue is doing simply what we have to do."

Jose Maria Peman, Spanish writer, El Divino Impaciente

"Courage is not simply one of the virtues, but the form of every virtue at the testing point."

Clive Staples Lewis

"Fortitude is the guard and support of the other virtues." **John Locke**

"In justice is all virtues found in sum" **An Aristotle proverb.**



"Humility is the solid foundation of all virtues." **Kong Fu Zi**

In contrast to this, VirtueScience perceives every virtue to support (and be supported by) every other virtue.

Each of the quotes above is true to a certain extent but they miss the holistic picture. Each is an insight into a particular relationship within the matrix of virtues. Probably due to personal and cultural influences they have looked through the lens of a particular virtue and seen it as superior or more profound than the other virtues. This is a distortion.

VirtueScience attempts to view the subject of the Virtues in a universal way-free from personal bias.

List of Virtues

Source: <http://virtuescience.com/virtuelist.html>

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| ● Acceptance | To consider circumstances, especially those that cannot be changed, as satisfactory. |
| ● Accountability | The quality or state of being accountable; especially: an obligation or willingness to accept responsibility or to account for one's actions. |
| ● Ambition | Having a strong desire for success or achievement. |
| ● Assertiveness | Disposed to or characterized by bold or confident assertion. |
| ● Beauty | The quality or aggregate of qualities in a person or thing that gives pleasure to the senses or pleasurably exalts the mind or spirit. Aesthetic harmony. |
| ● Benevolence | The disposition to do good. |
| ● Bravery | A quality of spirit that enables you to face danger of pain without showing fear. |
| ● Caring | to give care. A concern for... |
| ● Charity | Generosity and helpfulness especially toward the needy or suffering. Aid given to those in need. |
| ● Chastity | Purity in conduct and intention. |
| ● Caution | Avoidance of rashness, attention to safety. |
| ● Cleanliness | Careful to keep clean : fastidious, habitually kept clean. |
| ● Commitment | The firm carrying out of purpose. |
| ● Compassion | Sympathetic awareness of others' distress together with a desire to alleviate it. |



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| ● <u>Confidence</u> | A feeling of one's powers or of reliance on one's circumstances. Faith in oneself. |
| ● <u>Consideration</u> | Thoughtful and sympathetic regard for the needs of others. Careful thought. |
| ● <u>Contentment</u> | The quality of feeling satisfied with one's possessions, status, or situation. |
| ● <u>Cooperation</u> | To associate with another or others for mutual benefit/to achieve a shared goal. |
| ● <u>Courage</u> | A quality of spirit that enables you to face danger or pain without showing fear. |
| ● <u>Courtesy</u> | Polite, respectful or considerate behaviour mindful of other people. |
| ● <u>Creativity</u> | The ability to create. A quality involving the generation of new ideas or concepts, or new associations of the creative mind between existing ideas or concepts. |
| ● <u>Curiosity</u> | A desire to find out and know things. |
| ● <u>Defiance</u> | Bold resistance. |
| ● <u>Dependability</u> | Reliable, worthy of reliance or trust. |
| ● <u>Detachment</u> | Freedom from attachments. |
| ● <u>Determination</u> | Firmness of purpose. |
| ● <u>Devotion</u> | A great love or loyalty, enthusiastic zeal. |
| ● <u>Diligence</u> | Conscientiousness in paying proper attention to a task; giving the degree of care required in a given situation. Persevering determination to perform a task. |
| ● <u>Discernment</u> | The ability to distinguish; judgment; Discrimination; To distinguish between things; To perceive differences that exist. |
| ● <u>Discretion</u> | Being discrete in one's speech, keeping secrets. |
| ● <u>Discipline</u> | The trait of being well behaved and under control. |
| ● <u>Eloquence</u> | Powerful and effective language. Fluent, persuasive and articulate speech. |
| ● <u>Empathy</u> | Identification with and understanding of another's situation, feelings, and motives. |
| ● <u>Enthusiasm</u> | A feeling of excitement. Exuberance: overflowing with eager enjoyment or approval. |
| ● <u>Excellence</u> | The quality of excelling; possessing good qualities in high degree. |
| ● <u>Faith</u> | Complete confidence in a person, plan or set of beliefs etc. |
| ● <u>Faithfulness</u> | Steadfast in affection or allegiance; loyal. |
| ● <u>Flexibility</u> | Adaptable, able to be changed to suit circumstances. |
| ● <u>Focus</u> | Concentrated awareness and effort. |

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| ● <u>Forbearance</u> | Restraint under provocation; patience: good-natured tolerance of delay or incompetence. |
| ● <u>Forgiveness</u> | To cease to feel angry or bitter towards a person or about an offense. |
| ● <u>Fortitude</u> | Strength of mind that enables one to endure adversity with courage. |
| ● <u>Friendliness</u> | Agreeableness is a tendency to be pleasant and accommodating. |
| ● <u>Frugality</u> | Prudence in avoiding waste. Being economical with resources. |
| ● <u>Generosity</u> | Giving or ready to give freely, free from meanness or prejudice. |
| ● <u>Gentleness</u> | Moderate; mild, quite; not rough or severe. |
| ● <u>Grace</u> | Elegance and beauty of movement or expression. |
| ● <u>Gratitude</u> | Being thankful. |
| ● <u>Helpfulness</u> | The quality of providing useful assistance. |
| ● <u>Honesty</u> | Truthful; sincere; not lying or cheating. |
| ● <u>Honor</u> | Not disposed to cheat or defraud; not deceptive or fraudulent. Worthy of being honored. |
| ● <u>Hope</u> | The general feeling that some desire will be fulfilled. |
| ● <u>Humbleness</u> | Modest; not arrogant or boastful. |
| ● <u>Humility</u> | A disposition to be humble; a lack of false pride. |
| ● <u>Humor</u> | The ability to perceive, enjoy, or express what is amusing, comical, incongruous, or absurd. |
| ● <u>Idealism</u> | High mindedness: elevated ideals and conduct; the quality of believing that ideals should be pursued. |
| ● <u>Integrity</u> | Moral soundness; Integrity is consistency of values and actions. Unbroken completeness with nothing lacking. |
| ● <u>Impartiality</u> | Fair. An inclination to weigh both views or opinions equally without bias. |
| ● <u>Industry</u> | Diligent, hardworking. |
| ● <u>Innocence</u> | Guileless, not guilty. |
| ● <u>Joyfulness</u> | The emotion of great happiness |
| ● <u>Justice</u> | Fair, impartial, giving a deserved response. |
| ● <u>Kindness</u> | Friendly, helpful, well meaning. |
| ● <u>Knowledge</u> | Part of the hierarchy made up of data, information and knowledge. Data are raw facts. Information is data with context and perspective. Knowledge is information with guidance |



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| | for action based upon insight and experience. |
| ● Liberality | An inclination to favor progress and individual freedom the trait of being generous in behavior and temperament. |
| ● Love | A deep, tender, ineffable feeling of affection and solicitude toward a person, such as that arising from kinship, recognition of attractive qualities, or a sense of underlying oneness. |
| ● Loyalty | Steadfast in allegiance to one's homeland, government, or sovereign. Faithful to a person, ideal, custom, cause, or duty. |
| ● Magnanimity | The virtue of being great of mind and heart. It encompasses, usually, a refusal to be petty, a willingness to face danger, and actions for noble purposes. |
| ● Majesty | Great and impressive dignity. |
| ● Meekness | The feeling of patient, submissive humbleness; a disposition to be patient and long suffering. |
| ● Mercy | Clemency: leniency and compassion shown toward offenders by a person or agency charged with administering justice. |
| ● Moderation | The avoidance of extremes in one's actions or opinions. |
| ● Modesty | Freedom from vanity or conceit. Not inclined to boast. |
| ● Obedience | Willingness to obey, to be controlled when necessary, to carry out orders. |
| ● Openness | Ready and willing to talk candidly. Unsecretive. |
| ● Orderliness | Neatness and tidiness. A personality trait which involves the organization of things into a state of order and symmetry. The quality of appreciating method and system. |
| ● Patience | The ability to endure delay, trouble, pain or hardship. |
| ● Peace | Freedom from mental agitation; serenity. |
| ● Perseverance | Being persistent, refusing to stop despite failures, delays and difficulties. |
| ● Persistence | Never-ceasing, relentless. |
| ● Piety | Humble devotion to a high ideal. |
| ● Prudence | Wise or careful in conduct. Shrewd or thrifty in planning ahead. |
| ● Punctuality | The quality or habit of adhering to an appointed time. |
| ● Purity | Freedom from defilement. Undiluted or unmixed with extraneous material. Unsullied by sin or moral wrong. |
| ● Purposefulness | Having a definite goal. |



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| ● <u>Reliability</u> | Can be trusted to do something. |
| ● <u>Resoluteness</u> | The quality of being firm in purpose. |
| ● <u>Resourcefulness</u> | The ability to act effectively or imaginatively, especially in regard to difficult situations and unusual problems. |
| ● <u>Respect</u> | Admiration for others. Treating people with due dignity. |
| ● <u>Responsibility</u> | Having control over and accountability for appropriate events. |
| ● <u>Restraint</u> | Holding Back. |
| ● <u>Reverence</u> | Profound awe and respect. |
| ● <u>Righteousness</u> | Adhering to moral principles. Holiness. |
| ● <u>Selflessness</u> | The quality of unselfish concern for the welfare of others. |
| ● <u>Self Sacrifice</u> | The giving up of one's own benefit, especially giving up one's life, for the good of others. |
| ● <u>Service</u> | Work done by one person or group that benefits another. |
| ● <u>Sensitivity</u> | Heightened awareness of oneself and others within the context of social and personal relationships. |
| ● <u>Silence</u> | Inner peace. Being silent. |
| ● <u>Simplicity</u> | Straightforward; not complex or complicated. Unpretentious. |
| ● <u>Sincerity</u> | Free from pretense or deceit in manner or actions. |
| ● <u>Sobriety</u> | Serious, solemn and calm. Free from intoxication. |
| ● <u>Spontaneity</u> | Natural, not planned. |
| ● <u>Steadfastness</u> | Firm, resolute; determinedly unwavering. |
| ● <u>Strength</u> | Capable of exerting great force. |
| ● <u>Tact</u> | Consideration in dealing with others and avoiding giving offense. |
| ● <u>Temperance</u> | Moderation and self-restraint, as in behavior or expression. Restraint in the use of or abstinence from alcoholic liquors/intoxicants. |
| ● <u>Thankfulness</u> | Warm friendly feelings of gratitude. |
| ● <u>Thrift</u> | The characteristic of using a minimum of something. Saving. |
| ● <u>Tolerance</u> | Tending to permit, allow, understand, or accept something; tending to withstand or survive. |

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| ● <u>Toughness</u> | Strong and durable; not easily damaged. |
| ● <u>Tranquility</u> | Serenely quite and peaceful; undisturbed. |
| ● <u>Trust</u> | Having confidence in others; lacking suspicion. |
| ● <u>Trustworthiness</u> | Able to be trusted or depended on; reliable. |
| ● <u>Truthfulness</u> | Accurately depicting what is real. |
| ● <u>Understanding</u> | Comprehension, assimilation of knowledge. The holistic awareness of facts. |
| ● <u>Unity</u> | Freedom from division. Oneness. |
| ● <u>Vitality</u> | Exuberant physical strength or mental vigor, energy. |
| ● <u>Wisdom</u> | The trait of utilizing knowledge and experience with common sense and insight. |
| ● <u>Wonder</u> | The feeling aroused by something strange and surprising. |
| ● <u>Zeal</u> | Ardor. A feeling of strong eagerness. Tireless devotion. |



V. Personal Strengths⁵

Source: www.meaningandhappiness.com/psychology-research/list-of-personal-strengths.html

The Question

Is there a list of personal strengths of character, and are there common virtues, that can be identified across cultures and throughout history? Martin Seligman, past president of the American Psychological Association and founder of the modern positive psychology movement, and especially Christopher Peterson, professor at the University of Michigan since 1986 and member of the Positive Psychology Steering Committee, spent three years researching this.

Through their research Peterson and Seligman discovered that personal strengths and virtues were more universal than they - or their colleagues - expected. One result was their list of two dozen character strengths, grouped within six broad areas of virtue.

The Criteria

What qualifies as a personal character strength, and how do you know if one is really yours? The researchers discuss many aspects of their methods and those of scientific psychology in the past. In *A Primer in Positive Psychology* (2007), Peterson explains:

I believe that people possess signature strengths akin to what Allport (1961) identified decades ago as personal traits. These are strengths of character that a person owns, celebrates, and frequently exercises. In our interviews with adults, we find that almost everyone can readily identify a handful of strengths as very much their own, typically between two and five.

Peterson goes on to present a list they used in 2004 summarizing their "possible criteria for signature strengths":

- a sense of ownership and authenticity ("this is the real me") vis-a-vis the strength
- a feeling of excitement while displaying it, particularly at first
- a rapid learning curve as themes are attached to the strength and practiced
- continuous learning of new ways to enact the strength
- a sense of yearning to act in accordance with the strength
- a feeling of inevitability in using the strength, as if one cannot be stopped or dissuaded from its display
- the discovery of the strength as owned in an epiphany
- invigoration rather than exhaustion when using the strength
- the creation and pursuit of fundamental projects that revolve around the strength
- intrinsic motivation to use the strength

The list of personal character strengths is not set in stone. Like other scientific theories it is subject to change as evidence is evaluated over time. Here are the 24 strengths of character at present, grouped in 6 categories of virtues:



The List

Strengths of Wisdom and Knowledge: Cognitive strengths that entail the acquisition and use of knowledge

1. Creativity [originality, ingenuity]: *Thinking of novel and productive ways to conceptualize and do things.*
2. Curiosity [interest, novelty-seeking, openness to experience]: *Taking an interest in ongoing experience for its own sake; exploring and discovering.*
3. Open-mindedness [judgment, critical thinking]: *Thinking things through and examining them from all sides; weighing all evidence fairly.*
4. Love of learning: *Mastering new skills, topics, and bodies of knowledge, whether on one's own or formally.*
5. Perspective [wisdom]: *Being able to provide wise counsel to others; having ways of looking at the world that make sense to oneself and to other people.*

Strengths of Courage: Emotional strengths that involve the exercise of will to accomplish goals in the face of opposition, external and internal

6. Bravery [valor]: *Not shrinking from threat, challenge, difficulty, or pain; acting on convictions even if unpopular.*
7. Persistence [perseverance, industriousness]: *Finishing what one starts; persisting in a course of action in spite of obstacles.*
8. Integrity [authenticity, honesty]: *Presenting oneself in a genuine way; taking responsibility for one's feeling and actions.*
9. Vitality [zest, enthusiasm, vigor, energy]: *Approaching life with excitement and energy; feeling alive and activated.*

Strengths of Humanity: interpersonal strengths that involve tending and befriending others

10. Love: *Valuing close relations with others, in particular those in which sharing and caring are reciprocated.*
11. Kindness [generosity, nurturance, care, compassion, altruistic love, "niceness"]: *Doing favors and good deeds for others.*
12. Social intelligence [emotional intelligence, personal intelligence]: *Being aware of the motives and feelings of other people and oneself.*

Strengths of Justice: civic strengths that underlie healthy community life



13. Citizenship [social responsibility, loyalty, teamwork]: *Working well as a member of a group or team; being loyal to the group.*

14. Fairness: *Treating all people the same according to notions of fairness and justice; not letting personal feelings bias decisions about others.*

15. Leadership: *Encouraging a group of which one is a member to get things done and at the same maintain time good relations within the group.*

Strengths of Temperance: strengths that protect against excess

16. Forgiveness and mercy: *Forgiving those who have done wrong; accepting the shortcomings of others; giving people a second chance; not being vengeful.*

17. Humility / Modesty: *Letting one's accomplishments speak for themselves; not regarding oneself as more special than one is.*

18. Prudence: *Being careful about one's choices; not taking undue risks; not saying or doing things that might later be regretted.*

19. Self-regulation [self-control]: *Regulating what one feels and does; being disciplined; controlling one's appetites and emotions.*

Strengths of Transcendence: strengths that forge connections to the larger universe and provide meaning

20. Appreciation of beauty and excellence [awe, wonder, elevation]: *Appreciating beauty, excellence, and/or skilled performance in various domains of life.*

21. Gratitude: *Being aware of and thankful of the good things that happen; taking time to express thanks.*

22. Hope [optimism, future-mindedness, future orientation]: *Expecting the best in the future and working to achieve it.*

23. Humor [playfulness]: *Liking to laugh and tease; bringing smiles to other people; seeing the light side.*

24. Spirituality [religiousness, faith, purpose]: *Having coherent beliefs about the higher purpose, the meaning of life, and the meaning of the universe.*



VI. Virtues in Selected Traditions⁶

Source: <http://en.wikipedia.org/wiki/Virtue>

Christian tradition

In [Christianity](#), the [theological virtues](#) are [faith](#), [hope](#) and [love](#), a list which comes from 1 Corinthians 13:13 (*pistis, elpis, agape*). The same chapter describes love as the greatest of the three, and further defines love as "patient, kind, not envious, boastful, arrogant, or rude." (The Christian virtue of love is sometimes called [charity](#) and at other times a Greek word [agape](#) is used to contrast the love for God and humankind from other types of love such as friendship or physical affection.) "These are not acquired through human effort but, beginning with Baptism, they are infused within us as gifts from God." - United States Catholic Catechism for Adults.

There are many listings of virtue additional to the traditional Christian virtues (faith, hope and love) in the Christian Bible. One is the "Fruit of the Holy Spirit," found in Galatians 5:22-23: "By contrast, the fruits of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control. There is no law against such things."^[4]

Jewish tradition

Pirkei Avot

From Wikipedia, the free encyclopedia

Pirkei Avot ([Hebrew](#): פרקי אבות), which translates to English as **Chapters of the Fathers** is a compilation of the [ethical](#) teachings and maxims of the Rabbis of the [Mishnaic](#) period. Because of its contents, it is also called **Ethics of the Fathers**. The teachings of Pirkei Avot appear in the Mishnaic tractate of *Avot*, the second-to-last tractate in the order of [Nezikin](#) in the [Talmud](#). Pirkei Avot is unique in that it is the only tractate of the Talmud dealing *solely* with ethical and moral principles; there is little or no [halacha](#) found in Pirkei Avot.

Ethical principles

The number of commentaries written on Pirkei Avot testify that it contains far more content and structure than can be captured in a simple outline. The following list aims merely to group some of the general principles found in the work.

Show kindness to others

- "The world stands on three things: On Torah, on prayer ("avoda"; can also mean sacrificial offerings), and on kindness to others" (1:2)
- "Your house should be open wide, and you should make the poor members of your household." (1:5)
- "Meet every person with graciousness." (1:15)



- "He [Yohanan ben Zakkai] said: 'Go and see what is the right way that a man should seek for himself.' Rabbi Eliezer said 'A good eye'. Rabbi Yehoshua said 'A good friend'. Rabbi Yose said 'A good neighbor'. Rabbi Shimon said 'One who sees consequences.' Rabbi Elazar said 'A good heart'. He [Yohanan] said to them, 'I prefer the words of Rabbi Elazar ben Arach to yours, because his words include yours as well.'" (2:13)

Respect the other person

- "What is hateful to you, do not do to your fellow" (Shab. 31a)
- "What is the right path a man should choose? Whatever is honorable to himself, and honorable in the eyes of others." (2:1)
- "Let your friend's honor be more dear to you than your own." (2:15)
- "The evil eye, the evil inclination, and hatred of men, drive a person out of the world." (2:16)
- "Let your friend's money be more dear to you than your own." (2:17)

Respect yourself

- "If I am not for myself, who will be for me?" (1:14)
- "What is the right path a man should choose? Whatever is honorable to himself, and honorable in the eyes of others." (2:1)
- "In a place where there are no worthy men, strive to be worthy." (2:6)
- "He who acquires a good name, has acquired himself something indeed." (2:8)
- "Do not regard yourself as an evil person." (2:18)

Respect God

- "Do His will as if it were your own, so that He will do His will as it were yours. Nullify your own will before His so that he will nullify the will of others before you." (2:4)

Seek peace

- "Be amongst the students of Aaron: Love peace and pursue peace. Love people and bring them close to Torah." (1:12)
- "The more charity, the more peace" (2:8)

Take precaution to avoid transgressions

- "Make a fence for the Torah" (1:1)
- "Keep far from an evil neighbor, do not befriend a wicked person, and do not despair of divine retribution" (1:7)
- "Evaluate the loss of not fulfilling a commandment against its reward, and the reward of committing a transgression against its loss. Consider three things, and you will not come to sin: Know what is above you, a seeing eye, a hearing ear, and all of your deeds written down in a book." (2:1)

Be humble



- "Love work, and despise official positions, and do not become too acquainted with the governing power." (1:10)
- "One who makes a name great, destroys it" (1:13)
- "Anyone who works for the community, let your work with them be for the sake of Heaven... And as for you all, I will make your reward great as though you had accomplished all the work." (2:2)
- "Be cautious regarding the ruling power. Because they only befriend a person when it serves themselves. They appear as friends when it suits them, but they do not stand by a man in his time of need." (2:3)
- "Do not separate yourself from the community, and do not be sure of yourself until your day of death." (2:5)
- "The more flesh, the more worms. The more possessions, the more worry. The more wives, the more witchcraft. The more maidservants, the more uncouthness. The more servants, the more theft." (2:8)
- "If you have learned much Torah, do not flatter yourself about it, because it was for this purpose you were created." (2:9)
- "Let all your deeds be for the sake of Heaven." (2:17)

Be circumspect in prayer

- "Be careful when reciting the Shema and tefilla. Do not pray as though by rote, but plead for mercy and grace before God." (2:18)

Combine Torah learning with labor

- "Torah learning is best combined with an occupation, because the effort of both will keep one from sin. Torah study alone without work will in the end be nullified and lead to sin." (2:2) (See [Torah im Derech Eretz](#).)

Do not exploit your learning

- "One who uses the crown will pass away" (1:13)

Be careful with speech

- "All my life I was raised amongst the Sages, and I never found anything better for a person than silence... one who talks too much causes sin." (1:17)
- "Do not speak (excessively) much with women. This regards a man's own wife, how much more so regarding another man's wife!" (1:5)
- "Sages, you should be careful in what you say, lest you merit exile and be sent to a place of evil waters, and your pupils who follow you will die, and the name of Heaven will be disgraced." (1:11)
- "Say little and do much." (1:15)
- "Do not say something that cannot be understood, thinking it will be understood later." (2:5)

Do not seek rewards



- "Do not be like slaves who serve the master in order to obtain a reward. Rather, be like slaves who serve the master not to receive a reward. And let the fear of Heaven be upon you." (1:3)
- Be as careful in observance of a minor commandment as in a major commandment, because you don't know the respective rewards for the commandments. (2:1)

Do not leap to judge another person

- "Judge every person favorably" (1:6)
- "Do not judge your fellow until you have stood in his place." (2:5)

Be fair and deliberate in legal decision

- "When judging, do not act as an advocate. When the litigants are before you, regard them all as guilty. And when leave you, regard them all as meritorious, when they have accepted your judgment." (1:8)
- "Be thorough in examining witnesses, and watch what you say, so they do not learn from you how to lie." (1:9)
- "On three things does the world stand: On justice, truth, and peace." (1:18)

Be fair and deliberate in business

The time for action is now

- "If not now, when?" (1:14)
- "The main thing is not study, but doing." (1:17)
- "Do not say 'I will study when I have the time', for perhaps you will never have time." (2:5)
- "The day is short, the labor vast, the toilers idle, the reward great, and the Master of the house is insistent." (2:20)
- "It is not incumbent upon you to complete the work, but neither are you at liberty to desist from it" (2:21)

Seek an even temperament

- "A boor cannot be sin-fearing, and an ignoramus cannot be pious. A shy person cannot learn, and an impatient person cannot teach." (2:6)
- "Do not be quick to anger." (2:15)

The punishment matches the sin

- "He saw a skull floating on the water, and said to it, 'Because you drowned others, they drowned you. And they will also eventually be drowned because they drowned you.'" (2:7)



The Muslim tradition

In the Muslim tradition the [Qur'an](#) is, as the word of God, the great repository of all virtues in earthly form, and the [Prophet](#), particularly via his [hadiths](#) or reported sayings, is the exemplar of virtues in human form.

According to the Qur'an, Holy book of I-salami (which translated means "Peace"), Chapter (5) *sūrat l-mā'idah* (The Table spread with Food), proclaims that virtue is acceptance to the will of God, acceptance of the ways of God, acceptance of divine grace, of forgiveness, mercy, gracious, true repentance, the redemption, acceptance of the ways of Peace, the acceptance of the way things are. Foremost among [God's attributes](#) are mercy and [compassion](#) or, in the canonical language of Arabic, *I-rahmani* and *I-rahimi*. Each of the 114 chapters of the [Qur'an](#), with one exception, begins with the verse, "In the name of God the Compassionate, the Merciful".^[6]

The Arabic for compassion is *I-rahmani*. As a cultural influence, its roots abound in the Qur'an. A good Muslim is to commence each day, each prayer and each significant action by invoking God the Merciful and Compassionate, i.e. by reciting *Bi Ism-i-Allah al-Rahman al-Rahim*.

The Muslim scriptures urge compassion towards captives as well as to widows, orphans and the poor. Traditionally, [Zakat](#), a toll tax to help the poor and needy, is obligatory upon all Muslims (9:60). One of the practical purposes of fasting or [sawm](#) during the month of [Ramadan](#) is to help one empathize with the hunger pangs of those less fortunate, to enhance sensitivity to the suffering of others and develop compassion for the poor and destitute.^[7]

The Muslim virtues are: prayer, repentance, honesty, loyalty, sincerity, frugality, prudence, moderation, self-restraint, discipline, perseverance, patience, hope, dignity, courage, justice, tolerance, wisdom, good speech, respect, purity, courtesy, kindness, gratitude, generosity, contentment, and others.^[8]



VII. The Virtues Project⁷

Source: http://en.wikipedia.org/wiki/The_Virtues_Project

See also: www.virtuesproject.com

The Virtues Project empowers individuals to live more authentic meaningful lives, families to raise children of compassion and integrity, educators to create safe, caring, and high performing learning communities, and leaders to encourage excellence and ethics in the work place. It has inspired and mobilized people worldwide to commit acts of service and generosity, to heal violence with virtues.

History

The Virtues Project was founded in 1991 by [Linda Kavelin Popov](#), [Dr. Dan Popov](#), and [John Kavelin](#). It is a global grassroots initiative that inspires the practice of virtues in everyday life. The Project is active in more than 95 countries and was honored by the United Nations during the International Year of the Family in 1994 as a "model global program for all cultures." When they began work on the materials and programs in 1990, Linda Popov was a [psychotherapist](#) designing mental health treatment and disease prevention programs for industry and government, her husband Dr. Dan Popov, a graduate of United States Military Academy at [West Point](#), was a senior scientist consulting on information systems to [NASA](#) and clinical pediatric [psychotherapist](#), and her brother John Kavelin was an art director at [Walt Disney Imagineering](#).

The Virtues Project has inspired and mobilized many thousands of families, educators, leaders and employees to commit acts of service and generosity, to heal violence with virtues, and to create safe and caring communities. There are thousands of certified trainers in The Virtues Project in at least 95 countries^[1]. Among the more than 30^[2] institutions using curricula or materials based on The Virtues Project are: [British Columbia Teachers' Federation of Canada](#), [International Physicians for the Prevention of Nuclear War](#), the Ministry of Education of the [Cook Islands](#), [Montessori Schools](#), [Nancy Campbell Collegiate Institute](#) and [One Planet International School](#).

Canada's [Vision TV](#) produced a television series [Virtues: A Family Affair](#) hosted and executive produced by Linda Kavelin Popov. The Popovs have spent more than a dozen years traveling to cultures, communities and organizations around the world to share the simple practices of the Project.

The Five Strategies^[3]

Strategy 1: Speak the Language of the Virtues. Language shapes character. The way we speak, and the words we use, have great power to discourage or to inspire.



Strategy 2: Recognize Teachable Moments. Recognizing the gifts and life lessons in our daily challenges helps us to cultivate character in ourselves and others.

Strategy 3: Set Clear Boundaries. Virtues-based boundaries focus on respect, restorative justice and reparation to create a climate of peace and safety.

Strategy 4: Honor the Spirit. This strategy begins with respect for the dignity of each person and encourages us to make time for reflection, reverence, and beauty.

Strategy 5: Offer Spiritual Companionship. By being deeply present and listening with compassion and detachment, we help others 'to empty their cup'.

Virtues

The original selection of 52 virtues in "The Family Virtues Guide" (Plume/Penguin Books,1997) are:

- assertiveness
- caring
- cleanliness
- commitment
- compassion
- confidence
- consideration
- cooperation
- courage
- courtesy
- creativity
- detachment
- determination
- diligence
- enthusiasm
- excellence
- flexibility
- forgiveness
- friendliness
- generosity
- gentleness
- helpfulness
- honesty
- honor
- humility
- idealism
- integrity
- joyfulness
- justice



- kindness
- love
- loyalty
- moderation
- modesty
- orderliness
- patience
- peacefulness
- perseverance
- purposefulness
- reliability
- respect
- responsibility
- self-discipline
- service
- tact
- thankfulness
- tolerance
- trust
- trustworthiness
- truthfulness
- understanding
- unity

Publications

Among the publications of The Virtues Project by Linda Kavelin Popov are: *The Virtues Project Educator's Guide*, *The Family Virtues Guide*, and *Sacred Moments*

VIII. Benjamin Franklin's 13 Virtues⁸

Source: www.ThirteenVirtues.com

Benjamin Franklin: An American Life
The Autobiography of Benjamin Franklin



"I propos'd to myself, for the sake of clearness, to use rather more names, with fewer ideas annex'd to each, than a few names with more ideas; and I included under thirteen names of virtues all that at that time occur'd to me as necessary or desirable, and annexed to each a short precept, which fully express'd the extent I gave to its meaning." - Benjamin Franklin

In 1726, at the age of 20, Benjamin Franklin created a system to develop his character. In his autobiography, Franklin listed his thirteen virtues as:

1. **Temperance.** Eat not to dullness; drink not to elevation.
2. **Silence.** Speak not but what may benefit others or yourself; avoid trifling conversation.
3. **Order.** Let all your things have their places; let each part of your business have its time.
4. **Resolution.** Resolve to perform what you ought; perform without fail what you resolve.
5. **Frugality.** Make no expense but to do good to others or yourself; i.e., waste nothing.
6. **Industry.** Lose no time; be always employ'd in something useful; cut off all unnecessary actions.
7. **Sincerity.** Use no hurtful deceit; think innocently and justly, and, if you speak, speak accordingly.
8. **Justice.** Wrong none by doing injuries, or omitting the benefits that are your duty.
9. **Moderation.** Avoid extremes; forbear resenting injuries so much as you think they deserve.
10. **Cleanliness.** Tolerate no uncleanness in body, cloaths, or habitation.
11. **Tranquillity.** Be not disturbed at trifles, or at accidents common or unavoidable.
12. **Chastity.** Rarely use venery but for health or offspring, never to dullness, weakness, or the injury of your own or another's peace or reputation.
13. **Humility.** Imitate Jesus and Socrates.



IX. Systems of Virtue from Around the World⁹

Source: <http://www.virtuescience.com/>

Buddhism

The group of twos:

The Two Virtues being of much help: 1. Mindfulness (Sati) 2. Self-possession (Sampajanna)

The Two Virtues protecting the world: 1. Moral shame (Hiri) 2. Moral fear (Ottapa)

The Two Virtues making resplendent: 1. Patience (Khanti) 2. Gentleness (Soracca)

The Two Virtues conducive to excellence: 1. Good (Appropriate) knowledge (Vijja) 2. Good (Appropriate) conduct (Carana)

The Virtues leading to the cessation of suffering: 1. Mental tranquility (Samatha) 2. Spiritual insight (Vipassana)

The Two Virtues are reckoned as the cessation of suffering: 1. Knowledge (Vijja) 2. Release (Vimutti)

The Two Virtues for a good person: 1. Gratitude (Kalannuta) 2. Reciprocating the benefit rendered (Katavedita)

The group of fours:

The Four Noble Truths 1. Suffering 2. The Cause of Suffering 3. The Cessation of Suffering 4. The Way Leading to the Cessation of Suffering

The Four Mental Principles 1. Wisdom (Panna) 2. Truthfulness (Sacca) 3. Abandonment of evil and selfishness (Caga) 4. Appeasement (Upasama)

The Four Bases of Success 1. Appreciation (Chanda) 2. Effort (Viriya) 3. Attention (Citta) 4. Investigation (Vimamsa)

The Four Divine States of Mind 1. Loving-kindness (Metta) 2. Compassion (Karuna) 3. Sympathetic joy over others' achievement (Mudita) 4. Equanimity (Upekkha)

The Four Virtues Conducive to Social Welfare 1. Generosity (Dana) 2. Kind Speech (Piyavaca) 3. Benevolence (Atthacaritya) 4. Adaptability (Samanattata)



The Fourfold Right Effort: 1. Effort to restrain from evil 2. Effort to abandon evil 3. Effort to develop good 4. Effort to maintain good

Confucius

"To practice five things under all circumstances constitutes perfect virtue; these five are gravity, generosity of soul, sincerity, earnestness, and kindness."

Hinduism

Six virtues (shat sampat): Six virtues, areas of mental training, and attitudes are cultivated so as to stabilize the mind and emotions, allowing the deep practice of contemplative meditation to be performed.

1) Tranquility (shama): Intentional cultivating an inner attitude of tranquility, peace of mind, or contentment is a foundation on which the other practices can rest.

2) Training (dama): Training of the senses (indriyas) means the responsible use of the senses in positive, useful directions, both in our actions in the world and the nature of inner thoughts we cultivate.

3) Withdrawal (uparati): With a proper inner attitude of tranquility, and the training of the senses, there also comes a sense of satiety, or natural sense of completeness, as if no more of the sensory experience need be sought.

4) Forbearance (titiksha): Forbearance and tolerance of external situations allow one to be free from the onslaught of the sensory stimuli and pressures from others to participate in actions, speech, or thoughts that one knows to be going in a not-useful direction.

5) Faith (shraddha): An intense sense of certainty about the direction one is going keeps one going in the right direction, persisting in following the teachings and practices that have been examined and seen to be productive, useful, and fruit bearing.

6) Focus (samadhana): Resolute focus towards harmonizing and balancing of mind, its thoughts, and emotions, along with the other virtues, brings a freedom to pursue the depth of inner exploration and realization.

www.Swamij.com

Jainism

Marganusari Gun: (35 virtues that guide us on the path of life)

Certain principles and codes of conduct and rules are absolutely essential for social life and for co-existence. A society can never be strong and stable if it is divided by disorder, anarchy, and



distortions. If the society is not strong and disciplined, the nation also becomes weak. The thirty five virtues of the Marganusari life illustrate the Jain system of life which is characterized by imagination and wisdom. Those virtues constitute the foundation of an individual's righteousness. Life can become disciplined, orderly and progressive in proportion to the extent to which this foundation is strong and sound.

1. Nyayoparjit dhan: Money should be earned by honest, legal and morally right methods.
2. Uchit Vivah : One should marry a girl (or a boy) of his own or her own cultural and religious back- ground.
3. Shishta Prasamsa: Giving respect to the cultured and noble people.
- 4 Shatruta Tyag : One should not have enmity,hatred or spite against any one.
5. Indriyajay: Exercising control over one's sense organs
6. Anishta sthan tyag: Giving up a place where the health of the body and the mind can be spoiled.
7. Uchit grih: Limiting the desires relating to home and being cautious in adhering to the norms of culture and religion.
8. Pap bhay: Making an attempt to get free from sins. Having a fear of sin.
9. Desachar Palan : Conforming to the proper codes and customs of the society and the nation.
10. Lokpriyata: Winning a place in the heart of everyone; and captivating everyone's mind.
11. Uchit Vyay: Spending money within one's income.
12. Uchit Vyavahar: Acting according to the time and situation.
13. Mata Pita Pujan : One should take care of one's parents and give them absolute protection; and render service to them.
14. Satsang: Maintaining familiarity with people who are cultured and noble.
15. Kritagnata:One should not have enmity and grudge for benefactors at any time (one should be grateful to them).
16. Ajirna Bhojan: Not taking more food when one has not digested the food taken; and fasting at such a time.
17. Uchit ahar: Taking food according to the health of the body and its condition.
18. Gnani Puja: Having devotion for and worshipping scholars and men of knowledge.
19. Nindit Karya: Renouncing all actions that are objectionable in the eyes of society and religion.
20. Bharan Poshan: Endeavoring to support and maintain the members of one's family and those who seek our aid and refuge
21. Dirga-darshita: taking a step after thinking of the consequences of one's action.
22. Dharm-shravan: Hearing only such things as will purify and perfect one's life.
23. Daya: Showing kindness to creatures in distress.
24. Buddhi: Observing the eight rules that make the intellect well developed and sharp and subtle.
25. Gun-pakshapat: Having high respect for virtues; and trying to get free from faults.
26. Duragrah Tyag: Thinking thus, "Mine is not the truth; but that which is truth is mine".
27. Jnanarjan: One must attempt every day to acquire new knowledge.
28. Seva Bhakti: Rendering service to great men and benefactors.
29. Trivarg Sadhan: Trying to achieve the objectives of religiousness (Righteousness) Arth (Money) Kama (Desire).
30. Desh Kal gnan: Thinking of place, time, and the perception.



31. Balabal Vichar: Estimating one's ability before plunging into any action.
32. Lok yatra: Co-operating in activities that bring about the welfare and development of society.
33. Paropkar pravinta: Being benevolent to the helpless and the destitute.
34. Lajja: Giving respect to elders, spiritual superiors, disciplined People and the virtuous.
35. Saumvata: Being always cheerful and being soft and sweet-tempered

One of the Acharyas has classified the directives into four groups - obligatory duties, derogations which ought to be discarded; virtues to be cultivated and endeavours to be carried out with diligence.

Japan

The five pleats in the front are the five virtues; gotoku, of Japanese traditional society, with the one in the back representing all five virtues are actually one major one, that of being a complete human being: Chuu: loyalty, Ko: justice, Jin: humanity; compassion, Gi: from giri; or honor, Rei: respect.

Sikhism

The five Virtues are Truth, Contentment, Patience, Faith, and Daya (compassion), five virtues- sacrifice, cleanliness, honesty, charity and courage.

Sioux

bravery, fortitude, generosity, and wisdom

Yoga

Patanjali Maharshi, the exponent of Raja Yoga philosophy, recommends that ten virtues should be practised by all men. The first five are: Ahimsa (non-violence), Satya (truthfulness), Brahmacharya (celibacy in thought, word and deed), Asteya (non-stealing) and Aparigraha (non-covetousness). These constitute Yama or self-restraint. The other five virtues are: Saucha (internal and external purity), Santosha (contentment), Tapas (austerity), Svadhyaya (study of scriptures or recitation of Mantra) and Isvarpranidhana (consecration of the fruits of all works to the Lord). These constitute Niyama or religious observance.

¹ <http://www.merriam-webster.com/dictionary/virtue>, accessed on January 19, 2012

² Predict Your Future: Understand the Cycles of the Cosmic Clock by Elizabeth Clare Prophet; compiled and edited by Annice Booth Luce; Summit University Press, 2004.

³ The Human Aura by Kuthumi and Djwal Kul dictated to Mark L. Prophet and Elizabeth Clare Prophet, Summit University Press, 1971

⁴ <http://www.virtuescience.com/character.html>, accessed on January 19, 2012

⁵ www.meaningandhappiness.com/psychology-research/list-of-personal-strengths.html, accessed on January 19, 2012

⁶ <http://en.wikipedia.org/wiki/Virtue>, accessed on January 19, 2012



⁷ http://en.wikipedia.org/wiki/The_Virtues_Project, accessed on January 19, 2012

⁸ www.ThirteenVirtues.com, accessed on January 19, 2012

⁹ www.virtuescience.com, accessed on January 19, 2012