





The 7 Deadly Sins

The 7 Energy Chakras

The 7 Lively Virtues

PRIDE

centered on self, ego,
putting self above others

CROWN

intellect, spiritual, divine
connection

HUMILITY

divine truth and
understanding

SLOTH

needing constant comfort,
avoiding spiritual work

THIRD EYE

intuitive, insightful,
subconscious

DILIGENCE

conscious action,
concentration

GLUTTONY

over consumption, too
much, excess

THROAT

translation, control,
tranquility

TEMPERANCE

control over excess,
moderation, balance

ENVY

resenting others for their
gifts, possessions

HEART

consideration, love,
compassion, confidence

KINDNESS

wanting the best for others,
contentment

GREED

excess importance on
things outside yourself

SOLAR

power, joy, peace,
abundance

CHARITY

giving and assisting others,
sharing

LUST

considering others as
sexual objects

SACRAL

sexual, passion, drive,
motivation

CHASTITY

having control over desires
and wants

WRATH

anger, hostility, and
revenge

ROOT

grounded, centered, calm,
understanding

PATIENCE

mercy, resolution,
neutralizing conflict