



Made by, Kevin Saydam

Table of Contents

- **24 (Story and Reason) (page 0)**
24 cosmic virtues/sins (Page 1-24)
- SUB, Fundamental Energy
- SUB, Relational Energy
- SUB, High Spiritual Energy
- MIRROR

Everything

Time clocks over 24 hours, Gold Karat Purity 100% is reached at 24 with last but not least the 24 cosmic virtues/sins of the life wheel.

Nothing

The Scaffold

$$2(+)4(=6)$$

0 is the number of nothing, unmanifested, total emptiness.

2 is the number of Polarities(light/dark)(something/nothing)(being/non-being)

4 is the number of physical anchor (water,air,fire,earth).

6 is the number of perfect geometric balance.

6 adds 2(duality) + 4 physical anchor together to form 6.

1/3/5/7

Cause creation, desire, chaos, choice, lessons and spiritual growth.

(**24** DharmaChakra)

8/9 (8+9 = 17) (9 links with 1 in terms of new start and creation after ending) (8 links with 7, 7 asks you to find out why you are here and what solves the karma, somatisation)

Cause infinity(karma, cause and effect and infinite loops) and completion(completion(s), letting go and universal love)

24 cosmic virtues/sins

(DharmaChakra)

Fundamental energy

1. Love — Hatred, Aversion
2. Courage — cowardice, paranoia
3. Patience — impatience, agitation
4. Peace — Turmoil, Chaos

5. Magnamity — Petty Judgement, Grudge
6. Goodness — Malice, Cynicism
7. Faith, Trust — Distrust, Paranoia
8. Gentleness — Aggression, Harshness

Relationele energy

9. Selflessness — Selfishness, Greed
10. Self-Control — indulgence, Addiction
11. Self-Sacrifice — Self-Centeredness
12. Truthfulness — Deceit, Dishonesty
13. Righteousness — Injustice, Cruelty
14. Fairness, Justice — Bias, Exploitation
15. Mercy — Vengefulness
16. Gracefulness, Kindness — Hostility

High Spiritual Energy(Chakra Basis)

17. Humility — Hubris, Pride
18. Loyalty — Betrayal, infidelity
19. Empathy — Apathy, Coldness
20. Spiritual Knowledge — Ignorance
21. Forgiveness — Bitterness, Resentment
22. Honesty/Transparency — Hypocrisy
23. Eternity — Attachment
24. Hope — Despair, Nihilism

Choosing any of the shadow sides above(right side choices) will cause friction in your physical body and mind(The Wheel of Life). Opting into the left options will fix your friction and turn your Wheel of life on the right course. Creating peace and harmony.

Feel free to go to the desired Virtue — Shadow / Sin. Thereby the MIRROR shows the route from Shadow / Sin towards Virtue.

Page 0

24

is my favourite number as an intuition.

I have been analyzing life since I was young unconsciously. I sometimes asked my parents why the world works like this, what's the reason behind it...

Several reality checks, people in my surroundings getting consumed by sins and people in my surroundings doing good virtues has led me making this.

I've always been a very open-minded person about this and other spiritual meanings,

Astrology started my journey, I tested the things it said about me and my future.

Surprisingly its structure was correct.

Thereby it concluded for me to do what I did with this book, use philosophie to help others in a water elemental way, stellium of cancer in 9th house. Thereby **Tarot** and **Body Reading** gave completion to my view and guided my way here. In short terms your way is guided but decided by yourself always.

Numerology 24

The Body (The Scaffold)

2(+)4(=6)

0 is the number of nothing, unmanifested, total emptiness.
2 is the number of Polarities(light/dark)(something/nothing)(being/non-being)
4 is the number of physical anchor (water,air,fire,earth).
6 is the number of perfect geometric balance.
6 adds 2(duality) + 4 physical anchor together to form 6.

1/3/5/7 also known as **24** Dharma Chakras

Cause creation, desire, chaos, choice, lessons and spiritual growth.

(24 DharmaChakra)

8/9 (8+9 = 17)

(9 links with 1 in terms of new start and creation after ending)

(8 links with 7, 7 asks you to find out why you are here and what solves the karma, somatisation)

(8)Causes infinity(karma, cause and effect and infinite loops) and

(9)completion(completion(s), letting go and universal love)

A 24 years long relationship died and made me wonder how fast Karma can strike and clean up situations, the human body getting consumed (so fast) by sins was awful to witness.

This book will show you how spiritual Karma keeps your wheel running the healthy way, because we all deserve that. My belief is that a miracle happens once this purity is reached by all of us, we are all 1 together.

Purity is based on Virtues and Sins, each being exists with the capability of knowing what is good and bad with their respective intent. The wheel of life gets healthy mentally and physically due to virtues and unhealthy due to sins.
there are 24 Virtues mirrored with Sins that we will display;

1 to 8, Fundamental Energy(Stamina and alertness)

9 to 16, Relational Energy(Vitality and upliftment, mental boost from others)

17 to 24, Spiritual Energy(Force and Dedication)

Core values and meaning

Page 1

Love — Hatred, Aversion

Astrology; Venus — Mars, Pluto

Venus

Planet of Harmony, attraction and emotional resonance

Shadow expression of Mars

When blocked or wounded Mars becomes full of explosive rage, the desire to attack and combativeness.

Shadow expression of Pluto

Is the absolute root of Malice and calculated hatred. It manifests as toxic obsession, vindictiveness, jealousy and the urge to completely destroy adversary rather than face one's own powerlessness.

Tarot; The Lovers VI — The Tower, The Devil

The Lovers VI

Deep alignment, choices from the heart sacred union of dualities.

The Tower

Ruled by Mars, the Tower represents explosive breakdown
Before enlightenment, its negative energy is pure wraith and hostility. Its the violent collapse of built-up aversion and suppressed anger that shattered a persons reality.

The Devil

Embodies the ultimate form of aversion to truth. When we project our inner demons into others we create hatred.

Numerology; 6, 9,4

(2Duality,connection and mirroring + 4Grounding architecture)=

6, Harmony and Cosmetic Love

When 9 falls into shadow / sin, it becomes bitter, self-righteous and unforgiving. It can manifest an *us versus them* mentality. Leading into global or systematic hatred based on ideological rigidity.

Virtue

Love

is the expansive, unconditional willingness to see others flourish and to remain open to the world without conditions.

Shadow/Sin

Aversion

is the defense mechanism of a closing heart.

It repels and separates.

Hatred

is the intensification and weaponization of aversion(passive energy of pulling away turns into action). Hatred seeks to diminish, control or completely destroy the object or focus.

Page 2

Courage — Cowardice, Paranoia

Astrology; Mars , Aries, Leo — Pluto, Scorpio

Overcoming Passivity and external fear.

An afflicted moon (deep emotional insecurity and irrational fears) paired with Pluto, Scorpio causes intense paranoia. Always expecting betrayal, reading hidden motives into everything and believing people are out to get you.

The weakened or retrograde Mars causes cowardice. Fight becomes Flight.

Tarot; Strength VII / XI — The Moon, 9 of Swords
Strength;
Taming inner Paranoia and inner instincts.

The Moon is the ultimate card of illusions, hidden anxieties and things coming out of the dark.
9 of swords is a person waking up in the night with his head in his hands, the literal image of paranoia.

Numerology; 1,8,9
1, Raw, focused. The courage to take the first step.
8, courage through endurance of obstacles
9, the courage of a wise healer, forgiving, letting go and surrender.

8 its energy under pressure brings complete paranoid and seeing everyone as a threat to them. Which can lead to cowardly underhanded actions.

Virtue

Courage

Is the strength to stand firmly in the present moment, refusing to let the mind be corrupted or paralyzed by illusion.

Shadow/Sin

Cowardice,

Deep-seated fear, apathy, fleeing from inner truth. Blindly following the crowd out of fear of rejection.

Paranoia,

Fueled by unexamined ego...

this causes reckless, attention seeking actions that try to mask inner insecurity.

The ego channels this to fight the world instead of letting the world in to dissolve the ego.

Page 3

Patience — Impatience

Astrology; Jupiter, 3rd House — Aries, Mars

Aligning with Jupiter's higher wisdom and the big picture which grants the peace to wait for the right moment.

Impatience is the quintessential shadow of fire and mars.

Tarot; The Empress III — the Knights and The Chariot(R)
Embodying Organic Growth, abundance and Divine timing. Just like Nature of pregnancy, a harvest cannot be rushed.

The Knights(action and movement) and The Chariot(R)(willpower and direction) are fast moving cards

Numerology; 3 — 5
Trusting the natural incubation and ripening of ideas; allowing the creative flow to manifest without force.

Shadow side of 5 will turn down a project when its excitement disappears.

Virtue

Patience

is an active state of spiritual trust and conscious alignment.
When you embody patience, you remain in the present moment. You allow creative ideas to mature naturally. It brings an inner peace, emotional resilience and the capability to endure delays or obstacles without losing your joy and enthusiasm.

Shadow / Sin

Impatience

Is the internal resistance, ego-driven grasping and emotional friction when patience is getting tested.

The mind rejects the present, driven by greed(wanting something to harvest faster) and aversion(wanting a faster escape against discomfort).

Page 4

Peace — Turmoil, Chaos

Astrology; Venus, Libra — Mars, Pluto, Scorpio and Aries
Venus represents harmony, beauty, balance and relational peace.
Libra is constantly seeking diplomacy, equilibrium and justice to maintain a serene environment.

Mars brings friction, war and distribution.
Pluto introduces Chaotic, evolutionary breakdown.
Scorpio and Aries ruled by Mars;
Aries, externalized, explosive Chaos.
Scorpio, internalized, implosive Turmoil.

Tarot; The Temperance (two of swords, four of wands) — The Tower
The Temperance is the perfect card of peace, showing an angel blending opposites to find perfect middle ground.

The Tower is the symbol of sudden chaos, disruption and the collapse of unstable structures.

Numerology; 2 and 6 — 5

2 shows duality, cooperation, peacemaker type and diplomacy

6 represents home, unconditional love, stability and harmony.

5 is the number of change, disruption, instability and dynamic chaos.

Virtue

Peace

An inner state of quiet strength and outward harmony that allows you to live without constant fear, anger or conflict.

It's an active choice to keep balance when things around you change or break.

Shadow / Sin

Turmoil, Chaos

Not being at Peace creates a fast spinning out of control movement.

Turmoil is an internal mind that cannot find silence. They keep thinking about anxiety, overthinking, past regrets and fear of the future. Some side effects can be; rapid flip of anger, grief, fear and numbness. Self-sabotage can ruin good things in the process as well.

Chaos is an external hurricane caused by unchecked internal turmoil;
Creating friction, recklessness and lack of responsibility.

Page 5

Magnanimity — Petty Judgement, Grudge

Astrology; Jupiter, Sagittarius — Mercury, Pluto, Scorpio and Virgo

Jupiter is the planet of wisdom, benevolence and moral grandeur. Thereby its ruling sign Sagittarius, always looking at the big picture.

Magnanimity occurs when you realise that human errors are a small part in the grand scheme of the universe. Leading to natural generosity and broad-minded forgiveness.

When The analytic energy of mercury or virgo is weaponized or imbalanced;
It will lose sight of the whole, the focus shifts on micro details, over-criticism and fault-finding.
This results in judgemental attitude over trivial matters.

Holding a grudge is refusal to let energy flow. Scorpio, ruled by Pluto, can bury emotional injuries deeply. Holding them as physical shields or weapon.

Tarot; The Temperance, The Hierophant — Judgement(R), 5 of swords, The Devil

The Temperance blends opposites through divine alchemy

Judgement(R)

In its reverse it shows harsh, destructive self-critique and the rigid condemnation of others without compassion.

5 of swords depicts a hollow victory driven by ego, leaving behind a legacy of resentment.

The Devil represents being chained to your own impulses: a grudge can be a chain you choose to wear (this can be bound to past trauma).

Numerology; 9,3,4

9 shows completion, represents home, unconditional universal love and selfless service. It contains all of the lessons from other numbers, meaning it possesses the wisdom to rise above personal slights. It is the ultimate number of forgiveness and global philanthropy.

3 brings optimism and joyful spirit. When balanced it gives people the benefit of doubt and magnanimity. When unbalanced it will become superficial, scattering its energy into petty gossip and dramatic overreactions.

4 seeks order, security and boundaries. When out of alignment, need for structure turns into extreme stubbornness and inflexibility. This shadow 4 can get caught up into strict rules and the emotional fluidity needed to release a grudge.

Virtue

Magnanimity

is the quality of having a noble heart and showing forgiveness or generosity, especially towards people / rivals who have wronged you.

Shadow / Sin

Petty Judgement, Grudge

Petty Judgement is the habit of focusing on small, trivial flaws in other people and using them to criticize or look down on them.

Grudge is a long time refusal to forgive someone for a past wrongdoing. It is the act of keeping anger, resentment and bitterness alive in your heart for a long duration after an event happens.

Page 6

Goodness — Malice, Cynicism

Astrology; Sun, Jupiter — Pluto, Scorpio Saturn, Capricorn

The Sun represents the core ego, vitality and the pure generous light of consciousness.

Jupiter expands this energy into benevolence, faith, altruism and cosmic justice.

Calculated Malice often stems out of Pluto, Scorpio. This manifests as a desire to control, vengeance, psychological manipulation and the deliberate destruction of others' peace.

Wisdom becomes Cynicism when the boundaries of Saturn become rigid.

It represents cold realism, a lack of faith and a belief that humanity is driven purely by self-interest.

Tarot; The Sun, The Empress — The Hermit(R) (5 of swords), The Devil (7 of swords)

The Sun represents uncorrupted innocence and divine goodness.

The Empress brings this to the physical world through unconditional love, nurturing and raw creation.

The Hermit(R) isolates themselves viewing the world bitter.

The Devil represents bondage through our lowest impulses, sadism and intentional toxicity.

Numerology; 6,9 — 8, 7

6 is the vibration of the nurturer, cosmic mother and unconditional love.

9 is the humanitarian, selflessness and universal brotherhood.

Both driven by the urge to do good.

A 7 being disconnected by its spiritual heart, it turns into a deeply cynical skeptic who trusts no one and dismisses faith entirely.

A 8 stripped of its empathy, can degenerate into ruthless malice, utilizing raw power to crush opposition, exploit weaknesses and control others maliciously.

Virtue

Goodness

is the active, conscious choice to support the harmony, growth and well-being of all life.

Not a passive state but a dynamic, creative force that holds the universe together.

Shadow / Sin

Malice, Cynicism

Malice

is an active state of mind that goes beyond mere indifference or cynicism and seeks to actively inflict distress or damage.

Cynicism

is a mental attitude characterized by the lack of faith or hope in human sincerity, altruism and integrity.

Page 7

Faith, Trust — Distrust, Paranoia

Astrology; Jupiter, Neptune, 9th / 12th house — Saturn and Pluto

Jupiter rules cosmic optimism, blind faith and the belief that the universe will provide.

Neptune represents divine surrender and the dissolving ego boundaries to trust a higher power.

The 9th house rules philosophy, beliefs and a broad perspective on life.

The 12th house represents spiritual trust and letting go of control.

Saturn represents fear, rigid boundaries, defense mechanisms and hyper-vigilance.

Pluto governs secrecy, suspicion, fear of betrayal and the urge to control.

Tarot; The Fool, The Star — The Moon, Nine of Wands

The Fool

Steps off a cliff with complete trust in the universe, unburdened by past betrayals or future anxieties.

The Star

Represents renewed trust and hope, coming after the destruction of The Tower. The Star is the spiritual healing that occurs when you put your energy back in the world, trusting that you are safe.

The Moon

Is the card of illusions, anxieties and paranoia.

Nine Wands

Is the ultimate symbol of defensiveness and distrust.

Numerology; 7,4

7 in its positive state stands for profound inner knowing relying on sharp, accurate intuition.

7 out of balance creates Paranoia,

4 in its positive state builds trust through facts, consistency and reliability.

4 out of balance will be panicked if it cannot control or predict a next move. Especially when not physical.

Virtue

Faith, Trust

The inner certainty and surrender where one's intellect and will completely commit to the divine or higher truth. Not driven by immediate visible proof, but by the conviction that this source is entirely reliable.

Shadow / Sin

Distrust, Paranoia

Distrust is a defensive emotional state where you withhold confidence from something or someone because you suspect a lack of honesty, reliability or safety.

When the capacity of trust is shattered it causes Paranoia.

Thereby Paranoia looks for the unseen threat.

Refuse of surrender, twisted kind of faith and restless mind as a result.

Page 8

Gentleness — Aggression, Harshness

Astrology; Venus, Moon (pisces, libra)— Mars

Venus(connection, diplomacy) and Moon(emotional intelligence, soft protection) are driven to react with heal and harmonize pulses instead of conquer.

An unevolved or afflicted Mars causes destructive aggression, bullying and a harsh survival of the fittest mentality.

Tarot ; Strength VIII — The Tower, The Emperor IV(R)

Strength VIII

Depicts a woman holding open the jaws of a roaring lion in a gentle manner. She does not use weapons, chains or brute force.

She subdues the beast with soft patience, love and quiet spiritual fortitude.

The Tower

Represents the sudden, violent eruptions of anger and the harsh shattering of structures based on ego.

The Emperor IV(R)

Embodies the harshness, tyranny, cold control and rigidity.

Numerology; 2,8

2 is the peacemaker, diplomat and the intuitive sensitive. It seeks to cooperate, listen and soothe friction through gentle understanding.

Shadow 8 becomes ruthless, emotionally detached and blunt.

2 needs 8 its boundaries while 8 needs 2 its soft touch, ensuring authority is driven by justice and not by tyranny.

Virtue

Gentleness

Channels power through loving-kindness, care and restraint.

Immense self-control and trait to be careful of something fragile as a powerful entity

De-escalation, creating a safe physical environment for healing and open communication

Respect for dignity, honouring the inherent values of others, refusing to force, manipulate or crush their spirit to get an desired outcome.

Shadow / Sin

Aggression, Harshness

Agression

Is the misuse of power to dominate, harm others or control.

Driven by fear and pride

Causing destructive impact.

Harshness

Is a lack of empathy and refinement in how we treat the world.

Showing up as severe judgements, critical spirits, abrasive language and unyielding refusal to show mercy.

A harsh person is often harsh with themselves as well, not only the recipient.

Astrology; Sun, Pluto Aries, Libra, Taurus, Scorpio

Aries represents the pure ego, survival instinct and the *Me First*. In its shadow form Aries, this manifests into raw selfishness and impatience.

Its counterpart Libra represents the other, harmony and compromise. In its shadow form Libra, it becomes too selfless, losing oneself through people pleasing and codependency.

Taurus in its shadow clings to material items, hoarding wealth and comfort out of fear of instability.

Scorpio in its shadow seeks control, hoarding emotional power and secrets to avoid vulnerability.

Sun

Stands for our ego and energy, in its shadow its egocentric.

Pluto

In its shadow stands for power hungry, obsession and greed.

Tarot; The Hanged man, The Star — The Devil, Four of pentacles.

The Hanged man

Symbolizes voluntary sacrifice, letting go of personal control and looking at the world from a different perspective for the greater good.

The Star

Represents pure, unconditional generosity, hope and pouring one's light into the world without expecting anything in return.

The Devil

Shows the strongest desire for greed, material obsession and being chained to lower ego desires.

Four of Pentacles

Is the card of greed and hoarding. The person in the picture cannot move because he's holding his coin so tightly. Fear of loss leading to selfishness, isolation and closed heart.

Numerology; 1,8,9

1 represents the pioneer, leader and independence. Its shadow falls fast into egocentrism and selfishness.

8 Rules the material world, authority and financial flow. In its shadow form it succumbs to intense greed, status obsession and exploiting others for wealth.

9 is the number of selflessness, consciousness and unconditional giving.

In its shadow it can manifest into spiritual arrogance or martyrdom.

Virtue
Selflessness

Places the needs, well-being and happiness of others above your own, driven by genuine empathy and compassion rather than recognition

Shadow / Sin
Selfishness, Greed

Selfishness is the inability or refusal to consider the feelings of others. They ask, what do I get out of this ?

This is created by the fear of scarcity or the belief that if they don't look after themselves no one will.

Greed is the insatiable hunger for wealth, power, status or attention.
It's an endless pit, because it tries to fill an internal, emotional void with external material things.

Page 10
Self-Control — indulgence, Addiction

Astrology; Saturn, Jupiter — Venus, Neptune, Pluto, Rahu(Vedic)

Saturn provides rigid boundaries, structural restraint and timing to say ****NO****
Jupiter brings higher wisdom and ethical moderation to balance.

Venus rules pleasure, comfort, sweets and luxury. When Venus is in shadow, it will overindulge the senses just for a dopamine hit.

Neptune
Rules escapism, fog and the desire to dissolve reality.
Pluto
Governs intense obsessions, psychological compulsions and cycle of self-destruction.
Rahu(Vedic)
Acts as the insatiable appetite that creates uncontrollable cravings.

Tarot; The Temperance — The Devil, The Devil(R)

The Temperance
Depicts an angel pouring liquid between 2 cups, the ultimate symbol of alchemy, moderation and self restraint.

The Devil
In its final stage is the pursuit of sensual excess, materialism and raw impulse.
The chains are put on willingly representing indulgement.
The Devil(R)
Representing breaking free from the illusion bondage, recovery and reclaiming your will.
However, showing that the chains are feeling unbreakable like an addiction(R).

Numerology; 5,8

5 the number of freedom, exploration, change and senses.

In its shadow it will misuse freedom through overindulgence, flightiness and substance dependence.

8 the number of mastery, karmic balance and supreme organization. To achieve this you must master self-discipline, boundaries and willpower.

Virtue

Self-Control

Is the ability to regulate your behaviour in the face of temptation, seeking for right order and harmony.

Choosing what's ultimately good for you (everyone) over what is immediately satisfying.

Rational mind decides over primal impulses on your actions.

True-selfcontrol can be linked with freedom, you can say no to an urge, instead of being a slave of your impulses.

Shadow / Sin

Indulgence, Addiction

Indulgence happens when self control lapses. Allowing desires and appetites to override reason and moderation.

This is a voluntary choice.

Addiction is a state where indulgence has crossed its threshold. Breaking the choice to voluntarily choose to.

This state becomes a compulsive necessity that dominates the individual's life.

Hijacking the brain's rewards system, the human will become compromised and the person experiences powerlessness over the behaviour.

Page 11

Self-Sacrifice — Self-Centeredness

Astrology; Pisces, Leo

Pisces

Represents the peak virtue of cosmic self-sacrifice, empathy, dissolving the ego to help others.

Pisces in shadow represses its own needs, plays the victim, escaping reality or using guilt to manipulate others.

Leo

Rules the ego, self-expression and the desire to be seen. It's generous and radiant.

Leo in shadow falls into pride, vanity and absolute self-centeredness, demanding that the universe revolves around them.

Tarot; The hanged man — The Devil

The hanged man

Represents voluntary surrender, letting go of the ego and sacrificing something small for the greater good.

The Devil

Represents chained to material desires, obsession and pure self-interest.

Numerology; 6,9 — 1

6 is the vibration of service, sacrifice and unconditional love.

6 in shadow is meddling, codependency and creating a saviour complex.

9 represents global self-sacrifice.

9 in shadow stands for total detachment from personal relationships, because they are focused on their own grand vision of saving the world.

1 is the pioneer, leader and self

Its core energy is focused on I'm.

Independence and courage, 1 in its shadow however opts for extreme selfishness, intolerance and an inability to see anyone else's perspective.

Virtue

Self-Sacrifice

is placing the needs, happiness and well-being of others above your own. —> Extreme doing creates deep resentment, exhaustion and emotional burnout.

Shadow / Sin

Self-Centeredness

is placing your own needs, desires and perspective above everything and everyone else.

Page 12

Truthfulness — Deceit, Dishonesty

Astrology; mercury, jupiter, neptune, pluto

Mercury

Rules how we process and speak information, it represents objective truthfulness.

Mercury in its shadow will trick people with clever semantics, technicalities and swift words to cause deceit.

Jupiter

Rules sagittarius and 9th house, seeking for philosophy, ethics and cosmic law. It represents the macro virtue of truthfulness, living authentically and seeking absolute, unvarnished wisdom.

Neptune

Rules pisces and the 12th house,

Neptune represents the ultimate shadow of dishonesty. It rules illusions, delusion, glamour and smoke-and-mirrors.

Neptune in shadow creates self-deception and a fog where facts are deliberately blurred to escape harsh realities.

Pluto

Rules scorpio

Pluto represents the psychological excavation of truth.

It destroys superficiality, aggressively destroying dishonesty by forcing hidden motives and shadows into the light.

Tarot; the ace of swords, the seven of swords and the moon

The ace of swords

Represents absolute, cutting clarity.

The sword pieces through lying, bias and confusion.

The seven of swords

Embodies deceit, tactical trickery, concealment, sneaky behaviour and running away from open accountability.

The Moon

Represents the twilight room where things are not as they seem.

It projects hidden dishonesty, projections, illusions and anxiety. It warns self deceive or environment deceive.

Numerology; 1,5,7

1 represents independence, raw authenticity and standing alone in ones truth.

5 in its shadow stands for dishonesty and manipulation

7 is the spiritual detective, seeking deep and hidden truths below the surface. Its the refusal of accepting superficial answers.

7 in its shadow creates self-deception and isolation. Withdrawing into self reality because inner reality is too harsh.

Virtue

Truthfulness

Ensures that the words said accurately reflect on their deeds and internal reality. Due to these communities, justice and authentic relationships become possible.

Shadow / Sin

Deceit, Dishonesty

Deceit

Is the active, tactical progress of creating a false reality.

Dishonesty

Underlying character or passive refusal to align with what is true.

Page 13
Righteousness — Injustice, Cruelty

Astrology; Libra, Saturn, Mars, Scorpio,

Libra and Venus represent the idealized pursuit of harmony, objective fairness, equality and diplomatic balance

Libra in its shadow manifests as codependency, superficiality or ****keeping the peace**** at the cost of truth.

Saturn represents divine law, boundaries and accountability. Saturn, its righteousness is steadfast, disciplined and unfailingly just.

Saturn in its shadow becomes cold, unfeeling, tyrannical and ruthless oppressive.

It enforces rules without mercy, resulting in bureaucratic cruelty.

Mars, Scorpio in their shadows change them from noble protectors into sadistic, malice seeking, vengeance seeking and actively inflicting trauma.

Tarot; Justice VIII/XI— The Devil, The Tower

Justice VIII/XI shows that righteousness is a choice and not passive. It holds injustice accountable and restores order.

The Devil shows how cruelty and injustice are born; own ego, greed and fear.

The Tower represents the inevitable consequence of systematic cruelty.

When a person or society builds their life upon a foundation of injustice, lies or oppression. This foundation cannot hold forever. The tower shows the violent sudden destruction of this shadow structure.

Numerology; 6,8

6 represents the vibration of unconditional love, harmony, healing and self-sacrifice for the community.

8 represents fair leadership, using material wealth to protect the vulnerable and upholding absolute karmic justice.

8 in its shadow will cause dictatorship, boundless greed, corruption and cold-blooded systemic-cruelty where the powerful exploit the weak.

Virtue

Righteousness

is the quality of being morally right, justifiable and deeply aligned with fairness, truth, honour.

Shadow / Sin

Injustice, Cruelty

Injustice

Stands for the violation of the right of others; unfairness, bias and the systemic or individual distribution of harm instead of equity.

Cruelty

The deliberate infliction of physical or mental suffering on living beings or taking pleasure in their distress.

Page 14

Fairness, Justice — Bias, Exploitation

Astrology; Libra, Aquarius, Saturn— shadow Pluto, Shadow Venus

Libra

Represents Impartiality, objective truth and relational equity; bias is weighted and naturalized.

Aquarius

Represents universal humanism and selflessness. It shifts focus from personal greed to systemic health of the entire ecosystem.

Saturn

Trips away illusions and forces accountability.

Pluto in shadow

Drives on exploitation, the urge for raw control, manipulation and the asymmetric extraction of wealth or power from others.

Venus in shadow

shows acts of nepotism, superficial love that covers up fairness and tribal favoritism.

Tarot; Justice — The Devil

Justice

Showing the destination of restorative justice;
Systemic balance is permanently restored, illusions are cut away and everyone is given their true due.

The Devil

Is an absolute example of exploitation, codependency and dark patterns.

Numerology; 9 — shadow 4,8

9 represents the completion of the circle, global humanism and absolute selflessness.

4 in shadow builds rigid, bureaucratic systems that intentionally marginalize outsiders.

8 in shadow builds hyper-capitalistic extraction, intense greed, institutional corruption and the ruthless exploitation of labor or data for personalized optimization.

Virtue

Fairness, Justice

Fairness

focuses on interpersonal equality and impartiality, treating everyone according to the same rules, free from favoritism and arbitrariness.

Justice

is systematic and moral. It is about upholding what is morally right, legally established and rightfully deserved. Justice ensures that actions have consequences; rewarding the good and correcting, punishing or restoring the bad.

Shadow / Sin

Bias, Exploitation

Bias

is the shadow of justice; ego, fear or rigid mindset takes over wanting to be right.
Personal perspective or moral code become absolute truth instead of facts.

Exploitation

is the shadow of fairness.

This operates through an unbalance of power where someone gives too much and the other takes too much.

There are 2 ways;

1. The exploiter takes advantage of someone by their nature of giving.
2. A person becomes exploited because they are focused on being ****fair**** to others that they fail to set boundaries to protect themselves.

Page 15

Mercy — Vengefulness

Astrology; Scorpio, Pluto

Scorpio/Pluto

goes through scorpio, eagle into phoenix

The phoenix stands for mercy, burning away its own resentment and pain, dying to its past ego so it can rise again.

Scorpio in shadow / sin

is hoarding grudges, refuses to forget a wrong and strikes back with calculated vengeance.

Tarot; The Judgment — Justice(R)

The Judgement

Is the ultimate version of mercy and absolution. It represents a total spiritual awakening, a calling to a higher plane of consciousness where the past is completely forgiven, debts are canceled and the soul is granted a clean slate.

Justice(R)

When an individual takes the sword of justice in their hands for personal hurt, it ceases to be objective karma and becomes weaponized ego .

Numerology; 8,9

8 is the number of power, authority and karma and infinite scales of cause and effect. 8 in shadow can become obsessed with balancing the scales personally.

9 is the number of universal love, spiritual completion, global consciousness. It embodies mercy because it willingly surrenders personal grievances for the collective good.

Virtue

Mercy

is the active decision to extend forgiveness, alleviate suffering and renounce the desire for retribution against someone who caused harm.

Shadow / Sin

Vengefulness

is the disordered obsessive desire for retaliation and the infliction of harm upon another. This makes it deeply subjective, excessive and aimed at inflicting emotional and physical suffering.

Page 16

Gracefulness, Kindness — Hostility

Astrology; Venus, Libra, Pisces — Mars

Venus

is the planet of harmony, aesthetics and grace.

(Venus)Libra

it expresses social grace, diplomacy and intentional fairness.

(Venus)Pisces

It expresses unconditional kindness, deep empathy and spiritual compassion.

Mars

represents our boundaries, passion and drive. When Mars is in its shadow, it devolves into hostility, aggression, impatience and cruelty.

Tarot; The Empress, Star, Strength VIII / XI — The Devil

The Empress

Represents unconditional, nurturing kindness and the grace of nature.

Star

Represents the ultimate grace of healing, serenity and showing up authentically and gently after a crisis.

Strength VIII / XI

is showing a woman gently closing the jaws of a lion, she does not conquer the lion with violence —> she subdues it with gentle, persistent kindness and inner fortitude.

The Devil

manifests hostility through toxic codependency, manipulation and lashing out due to feeling trapped.

Numerology; 2,6,9

2 is the vibration of peace, diplomacy and gentle grace.

2 in its shadow manifests passive-aggressive hostility when it fails to speak the truth.

6 represents nurturing, parental kindness and community responsibility.

6 in its shadow seeks tyrannical control, critical judgement and meddling when its kindness isn't reciprocated.

9 embodies universal love, tolerance and global compassion.

9 in its shadow can turn into bitter, cynical aloofness and collective anger.

Virtue

Gracefulness, Kindness

Gracefulness

is the capacity to move through life's friction with poise, flexibility and forgiveness.

Grace acknowledges flaws without rushing into condemnation or harsh judgement.

Kindness

Is an optimistic, open hearted disposition rooted in deep empathy and compassion.

Being Kind means genuinely delighting in the good fortune of others rather than viewing their success as a threat to your own value.

Shadow / Sin

Hostility

is an expression of uncontrolled anger, antagonism and deep-seated defensiveness.

Lacking the inner security of kindness or/and emotional flexibility of gracefulness creates a perceiving view of the world through a lens of threat.

High Spiritual Energy(Chakra Basis)

Page 17

Humility — Hubris, Pride

Astrology; Aquarius, Virgo, Saturn — Leo(shadow)

Aquarius

Represents the collective, larger network and egalitarianism. Aquarius brings humility by being just one part of the vast community.

Virgo

embodies humility through selfless service, devotion to craft and recognizing that one is an instrument for greater purpose.

Saturn

is the teacher of reality checks(Nemesis)

Leo in its Shadow

Seeks pride, vanity and hubris. Thinking that the universe is about themselves.

Tarot; the hermit IX, the hanged man XII — the emperor IV(R)

The hermit IX

Steps away from worldly praise, titles and applause. Seeking inner truth rather than external validation.

The hanged man XII

Represents total surrender, willingly suspends ego. Thereby letting go of control for a higher perspective.

The emperor IV(R)

Represents absolute worldly control, structure and ego authority.

Numerology; 1,5,9

1 stands for independence, pioneering spirit and authentic selfhood.

1 in its shadow seeks dominance, narcissism and I'm the only 1 that matters mentality.

5 stands for adaptability and experiential wisdom.

5 in its shadow shows recklessness and believes they are above the rules or consequences.

9 is the highest vibration of humility. Representing global consciousness, selflessness and letting go of personal ego for the collective good.

Virtue

Humility

makes you know your true self, accurately understanding your strengths and limitations without the need for inflation or self-deprecation.

Self-awareness, openness to learn and respect for others.

Shadow / Sin

Hubris

Pride

Pride

Distorts reality by making everything about self. Achievements —> Ego-inflation, Failures
—> Deep Shame.

Hubris
is pride taken to a toxic, tragic extreme.
A person having hubris thinks that they cannot fail, cannot be tricked or don't have to listen to
others.
Hubris < — > Nemesis

Page 18
Loyalty — Betrayal, infidelity

Astrology; Saturn, Scorpio(H), Taurus, Leo, Lilith, Venus

Saturn
Represents loyalty, responsibilities, boundaries, karma and time.
It creates discipline to honor vows.
Paired with Scorpio(phoenix alchemizes betrayal into informed loyalty),
Taurus(steadfastness) and Leo(honor).

Venus
Shows devotion, mutual respect and the pleasure of partnership. Venus in shadow commits
infidelity out of a desperate need for validation, romance and attention.

Tarot; The Hierophant V, Justice XI — 7 of swords

The Hierophant V
is the ultimate card of traditional loyalty, sacred vows and institutional commitment. Doing
what is Morally *right* by the rules of partnership

Justice XI
Represents total transparency and karmic fairness. Justice based loyalty is a conscious
decision to honor a contract.

7 of swords
Is the universal card of sneaking around, deception and lying. It represents someone trying
to get away with something.

Numerology; 4,5
4 stands for the anchor. Built on foundations, honesty and absolute stability. Betrayal is
viewed as logical failure.
5 thrives on change, sensory stimulation and absolute freedom. 5 in its shadow has fear of
boredom or confinement.

Virtue

Loyalty

represents a steadfast devotion, allegiance and commitment to a group, person, cause or set of beliefs.

Shadow / Sin

Betrayal

is the ultimate violation of trust —> actively breaking an explicit or implicit agreement of loyalty, causing psychological or emotional harm.

Infidelity

is the betrayal of the areas; romantic, sexual or emotional commitment. Infidelity attacks the core value of a romantic relationship, questioning the partner's self-worth, reality and history of the relationship.

Page 19

Empathy — Apathy, Coldness

Astrology; Water(moon,neptunus,water signs) — Saturn, Air

Water

The moon rules the subconscious emotional response and nurturing.
Cancer and Pisces naturally absorb the emotional frequencies of their environment.

Saturn

Neptune dissolves boundaries, allowing for universal, unconditional empathy.

Air

Saturn builds walls for psychic protection. When misintegrated it freezes the emotional flow, creating coldness.

Aquarius can hyper rationalize feelings, leading to intellectual apathy.

Tarot; Queen of cups — four of cups, three of swords.

Queen of Cups

is the ultimate archetype of empathy. She sits at the edge of the sea, completely in tune with her emotional depths and able to mirror the feelings of others without drowning in them.

Four of cups

The figure sits crossed legged refusing to acknowledge the emotional cup being offered by the universe. Showing apathy, discontent and emotional withdrawal.

Three of swords

A wounded heart can change its mind to harden boundaries into walls. Resulting coldness

Numerology; 2 — 7

2 is the vibration of the diplomat, mirror and the intuitive. It's sensitive to the energy of others.

7 seeks truth through isolation and the intellect. 7 in its shadow cuts off the heart, trusting its mind becoming cynical, emotionally unavailable and cold.

Virtue
Empathy

is the capability to understand, feel and share the emotional experiences of another person
—> Resonating with their internal state.

Shadow / Sin
Apathy

is the absence of empathy. An apathetic person witnesses the joy or feeling of others and feels absolutely nothing. It is an emotional flatness.

Coldness

is seen as an active version of apathy. It is the calculated, detached or clinical treatment of human beings as objects rather than living souls. Thereby a cold person might cognitively understand that someone is hurting, but they deliberately withhold warmth, care or comfort.

Page 20

Spiritual Knowledge — Ignorance

Astrology; Pluto, Saturn

Pluto

strips away ego-driven ignorance by forcing us into the shadow self to find buried spiritual truths.

Saturn

forces us to face our karmic ignorance through discipline.

Tarot; Upright Card — Reversed Card —> (R)

Upright Card

represents the integration of a lesson.

Reversed Card —> (R)

represents a blockage

, superficiality or refusal to see the truth.

Numerology; Number in higher frequency — Number in its Shadow

Master Numbers 11, 22, 33

Number in higher frequency

show its true positive potential, virtue.

Number in its Shadow
show its true destructive potential, Shadow / Sin.

11

channels higher truths, hyper-intuition and inspiring others.
11 in its shadow shows paralyzing anxiety, nervous exhaustion and escapism.

22

turns massive spiritual ideas into reality, global legacy.
22 in its shadow turns into control freaks, material greed, crushing fear of failure.

33

resembles unconditional love, selfless service and uplifting the collective.
33 in its shadow saviours complex, martyrdom and self-righteous judgement.

Virtue

Spiritual Knowledge

is the experiential realization of ultimate truth, understanding who you truly are beyond the ego, the body and the mind. Which does not accumulate based on facts, data or intellectual information.

Shadow / Sin

(Spiritual)Ignorance

is a spiritual blindness, a mistake or missing a mark. The fundamental misunderstanding of reality; mistaking temporary for eternal, the changing for the changeless and the ego for the true self.

Page 21

Forgiveness — Bitterness, Resentment

Astrology; Pisces+Neptune — Cancer+Moon, Scorpio+Pluto

Pisces+Neptune

Pisces represents universal love, dissolution of ego and absolute surrender. Neptune allows boundaries to dissolve fostering the ultimate empathy required to forgive.

Cancer+Moon

Cancer rules memory and emotional safety, in its shadow it is in refusal to let go off past injuries. Retreating into its hard shell of bitterness to prevent future hurt.

Scorpio+Pluto

Scorpio rules the deep subconscious and emotional attachment. In its shadow it presents as obsessive resentment, brooding and desire for retaliation or control.

Tarot; Judgement —Death— Five of Swords

Judgement

stands for absolution, awakening and releasing past karma.

Death

allows the old resentful version of yourself to die.

Five of Swords

represents winning a conflict at the expense of your peace.

Numerology; 9,4

9 is the number of completion, humanitarianism and letting go. One of the core spiritual mandates is to forgive.

4 rules structure, stability and boundaries.

4 in its shadow creates a rigid, unyielding box. It builds walls out of old grievances, mistaking stubborn bitterness for self-protection.

Virtue

Forgiveness

is the deliberate moral choice to release anger, resentment and the desire for retaliation for someone who has wronged you.

Shadow / Sin

Resentment

is the re-experience of original pain and anger over and over...

Causing past thinking into a spiral of blame and fault finding.

Bitterness

is the deep systematic corruption of spirit that grows when resentment becomes a permanent character trait.

Leaving a person cynical, suspicious and spiritually distant from grace.

Page 22

Honesty/Transparency — Hypocrisy

Astrology; Jupiter/Sagittarius + Sun/Leo — Shadow Neptune+Pisces, Shadow Gemini, Shadow Pluto+Scorpio

Jupiter/Sagittarius

Governs the search for absolute truth, philosophy and blunt unfiltered honesty.

Speaking without a filter and seeing authenticity < social politeness.

Sun/Leo

Represents the radiant exposed self.

The Sun shines light into dark corners, demanding radical visibility and ego-authenticity.

Shadow Neptune+Pisces

rules the fog, illusions, masks and self-deception. Leading to projecting a false spiritual or moral image while hiding an unaddressed reality.

Shadow Gemini

can manifest social favoritism through spreading several(2 sided) information to different people.

Shadow Pluto+Scorpio

represents weaponizing secrets, hiding motives and projecting a controlled, false, exterior to mask vulnerability.

Tarot; The Sun, Justice — The Moon

The Sun

radiates absolute clarity, there are no shadows, secrets or hidden agendas under its light.

Justice

represents objective truth, accountability and the cold unvarnished facts. It cuts through emotional bias to reveal things how they truly are.

The Moon

is the illusion, deception and things not being what they seem.

Numerology; 5,7 — Shadow 2 / 22

5 governs freedom and expression. It is fiercely honest and hates being confined by societal pleasantries or false rules.

7 despises superficiality and can spot hypocrites instantly.

Shadow 2 / 22

Shadow 2 represents duality and partnership. Using a mask to avoid conflict to keep its duality and partnership.

Shadow 22 can use its vast influence to build massive structures or platforms based on a fraudulent or hypocritical premise.

Virtue

Honesty

is the refusal to deceive, steal or cheat. An honest person does not fabricate realities or lie about facts.

Transparency

is the proactively sharing of relevant information before being asked. It removes hidden agendas, operates in the open and makes the internal motivations, processes and potential conflicts of interest visible to others.

Shadow / Sin

Hypocrisy

is the claim to have moral standards or beliefs to which one's own behaviour does not conform. This comes from a desire for unearned status, power or protection.

Page 23

Eternity — Attachment

Astrology; Lunar Nodes, Neptune — Taurus, Scorpio, Saturn/Pluto

North Node

Neptune

dissolves the ego boundaries and merges into the timeless, infinite ocean of consciousness.

Taurus

clings to material comfort, survival and emotional codependency.

AXIS

Scorpio

Saturn/Pluto

represents fear of change, decay and loss of control.

Tarot; The World XXI, X—> The Wheel <— The Devil

The World XXI, X

represents absolute spiritual liberation and cosmic completion.

The Wheel

show a middle point of either standing in the quiet, unchanging center of existence OR getting caught up in the reactionary ups and downs of linear time.

The Devil

shows being chained to material desires and earthly illusions.

Numerology; 9 —> 8 <— 4

The 9 surrenders to individual identity to return to the whole.

8 represents the infinite loop of spiritual realm connected with material realm. 8 when fallen down shows as infinity symbol, representing understanding of a constant, rhythmic exchange with a spiritual Point of View.

Shadow of 8 has an addictive attachment to wealth, status, legacy and control.

4 in its shadow will hyper-fixate on physical foundations, rules and structures.

Virtue Eternity

is the desire for timeless, unchanging peace. Living in the absolute ****now****, moments of deep flow, meditation or flow where past and future dissolve and time seems to stand still.

Shadow / Sin Attachment

is the emotional and physical dependency on things that are bound by time. A belief that happiness, identity or safety depends on keeping things exactly the way they are.

Page 24

Hope — Despair, Nihilism

Astrology; Jupiter — Neptune — Saturn/Pluto

Jupiter

represents hope, expansion, faith and philosophy. Exploration, learning and growth are always possible.

Neptune

rules dissolution of boundaries, vast void and illusions. Spiritual oneness is gained.

Shadow Neptune will bring nihilism, apathy and confusion.

Saturn/Pluto

representing boundaries, restriction and depression(Saturn). This can feel like a prison of despair. — underworld, crisis and the destruction of the ego(Pluto).

Tarot; The Star — The Tower, The Devil

The Star

represents the ultimate card of hope, healing and divine timing. Symbolizing vulnerability, radical acceptance and trusting that life will rebuild from the ashes. The star occurs after the destruction of the tower by water poured from the naked lady.

The Tower

represents the arrival of nihilism. Violent shattering of your old belief systems, structures and dogmas. It strips everything away, leaving you standing in a wasteland of absolute emptiness.

The Devil

represents the paralysis of despair, addiction and feeling chained to material illusions.

Numerology; 3,9 — Shadow 4,7

3 is the number of creative self-expression and joy creating meaning purely through play and act.

9 is the number of universal love, spiritual completion and the broader perspective. Representing the ultimate virtue of hope —> Understanding that every dark moment was just a component of a beautiful cycle.

4 represents rigid structure, walls and stability. 4 in its shadow shows stagnation and despair of feeling permanently stuck in a system or routine that feels dead.

7 is the number of seeker, philosopher and the hermit. 7 in its shadow is intellectual nihilism, analyzing reality so deeply that you strip away all magic, concluding that life is just cold, meaningless mechanics.

Virtue

Hope

is the active desire for a future good that is difficult, but ultimately possible to attain(belief that actions matter and a better outcome is achievable).

It's not passive wishful thinking or blind optimism —> It's disciplined orientation of the will.

Shadow / Sin

Despair, Nihilism

Despair

is the definitive judgement that a good future is utterly impossible and that suffering will never end. This will paralyze and make efforts meaningless.

Nihilism

represents a radical philosophical position, meaningless non-existent inherent meaning, purpose and objective value.

Passive Nihilism

is the realization that **nothing matters**, leading to detachment, boredom and a refusal to engage with life.

Active Nihilism

is the liberating step, due to realization of the world having no inherent meaning. Destroying old dogmas and forcing the individual to actively create their own values and meanings from scratch.

MIRROR

1. Love — Aversion

Route of Aversion towards Love;

Gently look at whatever triggered you and mentally say, "*You are allowed to exist.*" By giving the situation room to just be, you release the heavy burden of carrying resistance, allowing your heart to naturally expand back into its true power.

2. Courage — Cowardice, Paranoia

Route of Cowardice, Paranoia to Courage;

Courage is gained when we face our discomfort situations. Face it and be at peace with it.

3. Patience — Impatience

Route of impatience to Patience;

Notice your reason to be impatient, let it flow and investigate it.

Ask yourself;

What can I notice or appreciate at this exact moment that I am missing by trying to head into the future?

4. Peace — Turmoil, Chaos

Route from Turmoil, Chaos to Peace;

Admit that it's messy, acknowledge the internal pain and external clutter without judging it.

Realisation that old defense mechanism doesn't work.

Find a quiet and restful place to hear your inner thoughts and truths.

Say ****NO**** to things that drain you, walk away from dramatic relationships.

Start rebuilding through consistent actions. Replace chaotic impulses with intentional habits.

5. Magnanimity — Petty Judgement, Grudge

Route from Pretty Judgement, Grudge to Magnanimity

When you catch yourself judging someone on a minor detail; ask yourself, in the grand scheme of this person's life or our relationship, does this truly matter?

Instead of labeling people as incompetent, rude or selfish. Ask why they might be acting that way.

Acknowledge that holding a grudge is a heavy weight on yourself and not them. Releasing it is not a gift to who wronged you, but to yourself. You don't have to invite the person back to your life. But you must stop reviewing the injury in your mind.

Remember your own imperfections and grace/tolerance given to them.

Calmly setting a boundary without revenge.

6. Goodness — Malice, Cynicism

Route from Malice or Cynicism to Goodness;

Malice;

Stop projecting pain to others, Malice is a cover-up for repressed envy, powerlessness or trauma. Start with accountability.

Cultivate empathy, see shared humanity in the person you're hurting. Others suffer as much as you do, replacing the desire to harm others with conscious choice into wishing others well.

Cynicism;

Your world view is not realistic when you're cynicismic, it's a defense mechanic. Build up the courage to not view the entire world as corrupted, you're just scared of being disappointed again.

Practise seeing the good instead of automatically assuming ulterior motives. Notice small acts of kindness in others, honesty, beauty, human kindness.

7. Faith, Trust — Distrust, Paranoia

Route from Distrust, Paranoia to Faith Trust;

It starts with rewiring your relationship with vulnerability. Take small steps first to make yourself comfortable. Trust small tasks ideas as a starter.

Set clear boundaries instead of deep mind reading situations. Not knowing their intentions can be rough, but when ... occurs as a boundary I will have the strength to walk away.

While building this small foundation you will realise that the world has risks and also profound goodness.

8. Gentleness — Aggression, Harshness

Route from Aggression, Harshness to Gentleness;

Notice the cause that drives you to snap, raise your voice or make a fist.

Stay calm and take a breath, label the emotion to clarify to yourself.

Ask yourself why you act like this and what fear or other thing scares you if you don't use harshness against it.

Change your mindset to the occasion,
Shift from winning an argument to understanding the person.
Assume positive intent.
People around you are fragile too,

Learn small steps of gentleness,
Lower your voice when tension happens.
Keep a calm and relaxed body language.
Use a honest way of showing gentleness; being passive or letting people walk over you is not the way, instead tell them hard truths in a soft tone.

RELATIONAL ENERGY

9. Selflessness — Selfishness, greed

Route from Selfishness, Greed to Selflessness;

A turning point must be created,
Accumulating things, status and protecting their ego doesn't make them happy.

Self reflect on your greed,selfishness. Why do I feel like I don't have enough?

Face your internal wounds, trauma, deep seated insecurities.

Transform yourself from; the world is a threat and I need to take — towards I'm secure and I have enough.

Use empathy to realise other people their situations and needs.

Value the good feeling and deeds of doing good.

10. Self-Control — indulgence, Addiction

Route from Addiction to indulgence to Self-Control;

Acknowledge total powerlessness over the addiction, breaking the denial.

Removing the choice entirely as intervention. Due to this the brain's dopamine receptors get time to heal.

—>

(Indulgence)

Now you have regained your choice but you still have to overcorrect against instant gratification.

Identify the trigger/drive for the urge to indulge; stress, boredom, loneliness.

Harm reduction; replace the substance or other harm act with an exercise or a creative hobby.

Ask yourself why you did indulge;

Facing the underlying pain, trauma or stress that needed soothing from indulgence.

Exercise willpower in small, unrelated areas.

Shifting identity;

From, "I'm trying to not do this"

Towards, "I'm the kind person who doesn't need this"

—> achieving Self-Control

11. Self-Sacrifice — Self-Centeredness

Route from Self-Centeredness to Self-Sacrifice;

Realise that Self-Centeredness only ruins relationships, leaves you lonely and creates emptiness due to never fulfilled ego.

Develop self-awareness and boundaries.

Learn to fulfill your own physical and emotional needs cleanly, without demanding that others do it for you.

Build empathy and connection with fellow people. Try feeling their pain, needs and joys. Ask yourself how your behaviour impacts them.

Choose to give up your time, comfort or resources for a greater good while doing it consciously and freely.

12. Truthfulness — Deceit, Dishonesty

Route from Deceit, Dishonesty to Truthfulness;

Begin by ****Yourself****,
Stop rationalizing, minimizing and making excuses for behaviour.
Why did I hide the truth? Cause of pain/fear?

Actively arrest the behavior of tactical deceit.
Take a conscious pause before you speak or act. If you feel the urge to omit a critical fact, exaggerate an achievement or fake an emotion. Choose silence of simple reality.

Correct false narratives you gave to the people around you. You admit your faults, offer genuine apologies, and restore the facts regardless of the consequences.

Now you apply truthfulness, NOT as a weapon. But as a tool to bring clarity, deep connection and wisdom.

13. Righteousness — Injustice, Cruelty

Route from Injustice, Cruelty to Righteousness;

Acknowledge your cruelty, this is a sign of empathetic birth.
—> Injustice
Admit what you did paired with the unfairness with it, without excuses.

Use remorse to see the suffering caused to others. Thereby make amends of the wrongdoings to balance them out.

Build new morals through ethical framework or with a **what is fair to everyone** mindset.

Notice old responses and choose to be fair instead of them.

Righteousness is a natural expression to do justly. Thereby it acts out of a deep seated-love for truth and order, treating friends, strangers and even enemies with absolute fairness.

14. Fairness, Justice — Bias, Exploitation

Route from Bias, Exploitation to Fairness, Justice;

Recognize and find the truth,
Expose the data and the realities of exploitation.

Biases within algorithms, laws or institutional structures must be transparently audited and publicly acknowledged.

Relinquish personal and group self-interest. Decisions and systems need to go from favoritism to objective, neutral standpoint that values all stakeholders equally.

Rewriting the foundational rules.

Implement direct, systematic equity. Redistributing power, balancing resources and enforcing consequences for exploitative actions.

Sustaining the balanced ecosystem. True justice is restorative rather than purely punitive.

15. Mercy — Vengefulness

Route from vengefulness to Mercy;

Acknowledge the wound instead of masking it with *rage*; stop focusing what the wrongdoer deserves and focus on yourself. Name the raw emotion under the anger, i feel betrayed, i feel discarded....

The fear of letting revenge go makes the opposite person *win* is a hard obstacle. You must separate the desire for vengeance from the necessity of justice and boundaries.

Recognizing that mercy is not leniency, you can completely forgive someone (removing your anger), but still legally charge them, maintain total restraint or allow them to face the natural consequences of their actions.

Shatter the illusion of retaliation.

Accept the harsh truth that no amount of suffering inflicted on the other person will undo the past or magically heal your wound. Your healing is entirely independent of their punishment.

Change of Point of View, humanize; instead of reducing the person as a monster —> a flawed, broken human being whose actions stemmed from their own unhealed trauma, ignorance or weakness.

Renounce your right to get even,
Mercy is a conscious choice to stop wishing for their downfall.

Take all the mental and emotional energy you used to spend plotting, stewing or wishing for revenge —> reinvest this into your own life, passions and loved ones.

16. Gracefulness, Kindness — Hostility

Route from Hostility to Gracefulness, Kindness;

Observe your emotions instead of impulsively obeying them.

Acknowledge your own pain and masking manoeuvre against hurt, anxiety, shame or past heartaches.

Shift from judgement to curiosity, another person's hostile behaviour stems out of their own pain, stress or unmet needs.

Choose not to return the same negative energy from hostile behaviour. This disrupts the negative cycle.

Set clear and absolute boundaries when necessary. Gracefulness does not mean allowing yourself to be a tool or enduring abuse.

High Spiritual Energy(Chakra Basis)

17. Humility — Hubris, Pride

Route from Hubris, Pride to Humility;

A person in Hubris does not want to listen to feedback, so the Realitycheck(Nemesis) is the powerful breakthrough realization.

Once the illusion gets revealed, the person can double down on their pride and use blame or accept the pain as a signal to become reformed.

Swap external comparison for internal truth. A proud person can utter when he admits; I was wrong, I need help.

Instead of looking down to others to feel secure, the person looks at others as equals / their self-worth is not tied to ****being the best**** or ****perfect**** anymore, causes no fear of criticism or failure. Secure enough to be wrong, learn and grow.

18. Loyalty — Betrayal, Infidelity

Route from Betrayal, Infidelity to Loyalty;

Secrecy has to become wholeness;
(Betrayal) infidelity creates a secret compartment in their mind to act out undressed needs, traumas or desires without disrupting primary life.

Become integrated and recognize desires out of validation or escape in the shadows. Discuss those feelings openly with your partner.

Change the mindset that loyalty is a restrictive cage or a heavy obligation.

Treat loyalty as an act of self-fidelity, breaking a commitment to your partner also breaks a commitment to your own core values.

Emotional cowardice becomes radical honesty,
Live with radical honesty, choosing to have agonizingly difficult conversations about unhappiness, boundaries or unmet needs.

19. Empathy — Apathy, Coldness

Route from Apathy, Coldness to Empathy;

Shift Self-Criticism to Self-compassion;

- Stop the harsh inner critic.
- Realise that you're not alone in your struggles.
- Observe your coldness and numbness without judgement.

Convert blind eye and emotional barriers with attentive listening.
When interacting with someone, consciously pause your mind and wonder about their perspective, tone and posture instead of finding an escape out.

Move from Isolation to Co-Regulation.

Start with small steps, such as small joint-activities, small helps, sharing minor resources etc.

Avoid the emotional pitfall of over-correcting. This leads to empathy fatigue that causes coldness.

20. Spiritual Knowledge — Ignorance

Route from Ignorance to Spiritual Knowledge;

Use self-awareness to realise that you're spiritually asleep. Listen to spiritual truths, read sacred texts or learn from a guide. Improving your intellectual awareness and staying open to hear.

Reflect on information; contemplating, questioning and logically analyzing what was learned to clear doubts.

Meditate and practise through the new belief. This will culminate the complete dissolution of the ego. Your spiritual light has always been there.

21. Forgiveness — Bitterness, Resentment

Route from Bitterness, Resentment to Forgiveness;

Acknowledge the depth of your anger, suspicion or jealousy. Recognize the toll it takes on your body and mind.

The belief that letting go means condoning the behaviour, minimizing the wrong or reconciling with a dangerous person. This should be placed like this ;

The offense done remains wrong and unexcused.

Your future is no longer held hostage by an apology or retribution.

Shift perspective from being a victim in a trapped story to reclaiming the agency, they hurt me and I choose how to heal from a flaw, limitation or unresolved pain from another person.

Forgiveness is a conscious, daily choice. You choose to let the emotional depth go to unburden your own life.

Manage this while memories of resentment can flash back.

22. Honesty/Transparency — Hypocrisy

Route from Hypocrisy towards Honesty and Transparency;

Admit on what area you chose hypocrisy, public persona or stated ideals that do not match your private behaviour.

Acknowledge why you chose to do this, what benefit did it give ?

Hypocrisy was used as a shield for shame. Realise that it's oke to have flaws and shame.

Lower the proclaimed standard, align actions with values so that it becomes true to your public claims.

Show absolute accuracy in your daily language; stop lies, exaggerations and convenient omissions.

Transparency has an extra step to be open and talk freely without being asked about motives, mistakes and potential conflicts of interest.

Do not fear being seen as imperfect.

23. Eternity — Attachment

Route from Attachment to Eternity;

Identify your attachments; fear of loss, your defensiveness and cravings.

Acknowledge that the object of your attachment is bound by time and will eventually change or fade away.

Stop fighting time, practice enjoying people, experiences and possessions without trying to possess or freeze them.

Move from contents to context and silent observer;
Your thoughts, job, body, history towards the silent, unchanging awareness that witnesses all of those.

The space of awareness (your thoughts and circumstances happen here) remains completely untouched.

When you no longer cling to personal outcomes or external validation —> your actions become pure. You act out of love, truth and justice —> Simply because they are good, not what you get out of it.

Grounding your attention to the present will dissolve linear time. Here anxiety of the present and future vanishes.

24. Hope — Despair, Nihilism

Route from Despair, Nihilism to Hope;

Form Despair into acceptance; shift your focus from what you ****cannot control**** to what ****I can control****.

Switch from Passive Nihilism(the universe doesn't provide a blue print for my life) to active Nihilism(the active, creative response to nothing having purpose; constructing new purpose).

Find small things worth doing;
Through creating/doing, experiencing/loving and a positive mindset through suffering.

Life will grant your newly discovered values a match with active agency.
Hope requires courage and knows its difficulty + failure possibilities. However decides that the pursuit is worth the risk anyway.

Creating this book has helped me, I hope it does the same for you all!!!

My intent is to leave unconditional love and support for everyone.

We all share Cosmic Order and is a part of everyone

My belief is that we shall meet ultimate salvation once we all succeed towards all virtues. We are all connected.

My duty as 11, escaped from nihilism and avoidant has succeeded now.



