Virtues for Empowerment

Our virtues are our victories over ourselves.
Our attributes are our contribution to the wellness of the world.

Being aware of our virtues is the most significant step to self empowerment. Most of the time, we are not conscious of how wonderful we are. We tend to spend more time thinking about our faults rather than our gifts, what is wrong with us instead of what is right. All of us dream of life being different, of the world being a safer place and of having more love in our lives. These golden dreams are birthed from and dependent upon our ability to feel and live our virtues.

Because the road to happiness is paved with the power of what is good in us, we have devised the Virtues for Empowerment. If we all put an intention on developing these virtues, we will indeed manifest a more harmonious and peaceful existence. The world will change if each one of us change. Onionhead’s goal is to help transform negative thought forms into positive thought forms, thereby co-creating a new loving, wondrous garden for us all to thrive in.

Gratitude - the virtue that leads us to the attribute of Contentment.

I feel grateful therefore I am content.

It is unfortunate that as humans, we think more of what we do not have rather than what we do have. If we are to know and experience happiness, we must cultivate our ability to feel grateful. Being conscious of our gratefulness is what makes us feel connected, alive and in love. Focusing on gratitude is the best weapon against depression and despair. Feeling grateful holds within it the mastery of forgiveness and grace.

Remember: The virtue of gratitude is an attitude of high altitude.

Acceptance – the virtue that leads us to the attribute of Calmness.

I feel accepting therefore I am calm.

There are things that happen in our lives that are in our control; however there are more things that happen in our lives that are not in our control. Therefore, the wisest thing we can do is put our attention on what we can make right. Then, with a full breath of life, trust that the universe will take care of the rest. Acceptance is the most important nutrient for the survival of our spirit, as it is an expression of our holiness and our wisdom.

Remember: The virtue of acceptance is our courage to feel en-couraged instead of dis-couraged.

Respect – the virtue that leads us to the attribute of Consciousness.

I feel respectful therefore I am conscious.

Respect holds within it the highest degree of mastery. It is the one virtue that can transform darkness to light, hate to love and corruption to purity. When we hold ourselves accountable for our own self respect, free from what others think, we find a freedom that knows no boundaries. By the same token, when we show that same respect to others, we become the heart and hand of an angel. Mastery is developed through the resonance of respect.

Remember: The virtue of respect elevates us from a human presence to an angelic performance.
**Determination** – the virtue that leads us to the attribute of Commitment.

I feel determined therefore I am committed.

This world is simple yet not easy. Therefore, the road to having a successful life is paved with determination. Feeling determined is birthed from courage, conviction and confidence. When we know we are right, we cannot go wrong. That does not mean that nothing can go wrong. Yet, when we are determined, we stay centered, focused and sure. Our determination is indeed our promise to our purpose and a proclamation to our path.

**Remember:** The virtue of determination is not letting ourselves be deterred or undermined.

**Empathy** – the virtue that leads us to the attribute of Compassion.

I feel empathetic therefore I am compassionate.

Empathy is the first movement to love in action. It is a heartfelt understanding of what another feels. With all the bad news being thrown our way today, we as a race have become terribly desensitized. This leads to a cold detachment that can and does result in violence and separation. Empathy is the antibiotic that can cure this emotional virus because it is steeped with compassion and warmth. The feeling of empathy holds within it the silent knowing of all that is right.

**Remember:** The virtue of empathy is a deepened sense of sympathy, sincerity and sensitivity whose gifts are humility, humbleness and honesty.

**Nobleness** – the virtue that leads us to the attribute of Credibility.

I feel noble therefore I am credible.

Feeling noble comes from being high-minded and high-principled. It is a statement of our honorable values and commitment to our integrity. With all the confusion and deception in our world, our nobleness is invaluable for movement towards global transformation. We become the pillar of sterling truth, whereby we stand up for what is right and fair. Nobleness is a melding of harmony, honor and honesty, whereby agreements are notably sealed with a handshake.

**Remember:** The virtue of nobleness comes from the redeeming qualities of reverence and righteousness.

**Optimism** – the virtue that leads us to the attribute of Confidence.

I feel optimistic therefore I am confident.

Feeling optimistic feeds us life. It is an expression of our positivity. Now, more than ever, with the incredible amount of negative news, we need all the optimism we can muster. We see the light not the dark, the certainty not the doubt, the clarity not the confusion and the good not the evil. When we “opt” to view things from a place of possibilities, we are truly showing our commitment to our bliss. This in itself, births opportunities and the energy to marvelously manifest them.

**Remember:** The virtue of optimism is the ability to be fueled with excitement and exhilaration which leads to the feeling of ecstasy.
Faith – the virtue that leads us to the attribute of Connection.

I feel faithful therefore I am connected.

Faith is the one attribute that can carry us through any difficult situation. It holds within it the pulse of the Universe and the promise of the Heavens. When we walk in faith, we walk in spirit. Faith lets us glimpse the bigger picture and taste the sweet song of a better tomorrow. Feeling faith is feeling a connection to something higher than ourselves. This leads us to a celestial sense of sincerity and serenity. Faith is the constant reminder that there is a union between ourselves and the universal realm.

Remember: The virtue of faith is a belief that needs no evidence.

Enlightenment – the virtue that leads us to the attribute of Character.

I feel enlightened therefore I have character.

Enlightenment is birthed through the knowledge of light, laws and love. It is an awareness that one cannot work without the other. To reach enlightenment, we must develop the ability to contemplate and concentrate. Things are rarely what they seem and many times illusions permeate our space. This creates darkness and confusion. Feeling enlightened comes from discernment, discipline and devotion. It is through these intentions that the correct direction appears, enlightening us to a higher elevation.

Remember: The virtue of enlightenment is a state of mind enlivened with luminous thought forms.

Decisiveness – the virtue that leads us to the attribute of Certainty.

I feel decisive therefore I am certain.

Decisiveness is a proclamation of our clearness and clarity. Clear thinking leads to correct action. Acting decisively is being “sharp as a razor’s edge”. It cuts to the chase, not wasting valuable time and energy. A good leader spends much time developing this invaluable gift. Decisiveness comes from the competence to commit, study and then start. These three steps are the keys to success, whereby the concept of defeat is defeated.

Remember: The virtue of decisiveness comes from being precise and concise.

Enthusiasm – the virtue that leads us to the attribute of Charisma.

I feel enthusiastic therefore I am charismatic.

Enthusiasm is the cheerleader for every situation. It is a fire that says, “I refuse to be extinguished.” When we feel enthusiastic about something, we are injecting our divine spark into it, lighting the way for ourselves and others. When we feel defeated about something, yet stay enthusiastic, more often than not, triumph is right around the corner. We carry the matchstick for the still undeveloped potential. Enthusiasm is the chariot keeping us in flight, while waiting for the inspirational forces to land.

Remember: The virtue of enthusiasm comes from being inspired, passionately wired and definitely not tired.

Nurturance – the virtue that leads us to the attribute of Caring.

I feel nurturing therefore I am caring.

To nurture another is loving; to nurture ourselves is to be loved. Love is the most important aspect of living and nurturing is the action of love. Nurturing is our commitment to act kindly, with an open heart and a generous hand. Our world is crying out for our human nature to unite with our heavenly nature. Through this union, we nurture the delivery of a magnificent future. Everything becomes like a heavenly marriage and everyone is treated like a precious jewel to be treasured.

Remember: The virtue of nurturance is an art that ensures a canvas of life filled with splendorous beauty.