

Strength represents your control over your animal nature—your primal needs and desires, your instincts for food, sleep, procreation, and self-preservation.

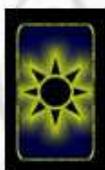
Draw two cards from the Major Arcana. One representing Vices (or primal) the other Virtues (or civilized).

Vice

Virtue



1.) Pride



1.) Humility

2.) Envy



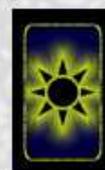
2.) Gratitude

3.) Anger



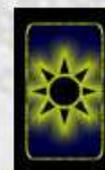
3.) Forgiveness

4.) Gluttony



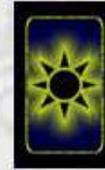
4.) Temperance

5.) Lust



5.) Chastity

6.) Avarice



6.) Generosity

7.) Sloth



7.) Diligence

STRENGTH.

Strength is balancing courage and fear. *“Courage is the most important of all the virtues because without courage, you can't practice any other virtue consistently.”* ~Maya Angelou

My idea behind this exercise is to go into more depth and look at our strength and weaknesses, identify any problem areas, and see what advice we can glean to improve these areas - how we can gain more balance. We could also rename these columns, instead of Vice & Virtue, to Weaknesses and Strengths - whatever you feel most comfortable with.

Each list shows examples in their extreme phases. Most of us will fall somewhere in the middle where the cards lie. This is where we strive to balance these extremes. Once you draw your original **Major Arcana** cards, draw one card for each position, or two if you need/want more information. Decide what you think the main Vice and Virtue is in the perspective Major's. Once you have identified this, continue through the rest of the spread.

Here are some definitions to help you as you work through this exercise.

- **Pride**: (aka Arrogance, Vanity) Egotism based on assumed personal superiority.
- **Humility**: Modest behavior, selflessness, and the giving of respect. Humility is not thinking less of yourself, it is thinking of yourself less.
- **Envy**: (aka Jealousy, Covetousness) Discontent and desirous longing based in the imagined superiority of another's situation.
- **Gratitude**: a feeling or attitude in acknowledgment of a benefit that one has received or will receive
- **Anger**: (aka Wrath, Ire) Resentful indignation from injury/insult often giving rise to belligerence.
- **Forgiveness**: The intentional and voluntary process by which a victim undergoes a change in feelings and attitude regarding an offense, lets go of negative emotions such as revenge, with an increased ability to wish the offender well.
- **Gluttony**: (aka Intemperance, Immoderation) Excessive, uncontrolled consumption.
- **Temperance**: Restraint, temperance, justice. Constant mindfulness of others and one's surroundings; practicing self-control, abstention, moderation and deferred gratification.
- **Lust**: Excessive, uncontrolled craving for sensual pleasures.
- **Chastity**: Cleanliness through cultivated good health and hygiene, and maintained by refraining from intoxicants. To be honest with oneself, one's family, one's friends, and to all of humanity. Embracing of moral wholesomeness and achieving purity of thought-through education and betterment.
- **Avarice**: (aka Greed) Excessive, uncontrolled hoarding of material wealth.
- **Charity**: Charity, self-sacrifice; the term should not be confused with the more restricted modern use of the word charity to mean benevolent giving.
- **Sloth**: (aka Laziness, Indolence, Apathy) Repulsion towards exertion/involvement based on the disinclination to move or be moved.
- **Diligence**: A zealous and careful nature in one's actions and work; decisive work ethic, steadfastness in belief, fortitude, and the capability of not giving up.

Compare each card you draw with its vice and virtue and with the Major Arcana card *themes* as determined above.