	1 חסד Loving, Kindness, and Benevolence	2 גבורה Justice, Awe, and Discipline	3 תפארת Beauty, Harmony, and Compassion	4 נצח Endurance & Ambition	5 הוד Humility and Splendor	6 יסוד Bonding, Foundation, and Nurturing	7 מלכות Nobility and Leadership
1 חסד	Love allows us to transcend beyond ourselves. We can experience another and allow that person to experience us.	Appropriate love means having boundaries, creating a healthy balance of distance and closeness at once.	Compassionate love is giving without expectations of reciprocity. It can mean loving even those who hurt us.	Enduring love withstands challenges & setbacks. It means fighting for love in the face of great vulnerability.	Humble love means having the inner strength to compromise and forgive for the sake of love itself.	Eternal love is intimacy in action. Two have become one and that oneness now bears/builds another.	Mature love ennobles & enriches our life. It is never debilitating. It comes with & brings personal dignity.
2 גבורה	Discipline focuses love to create greater intimacy Discipline with love expresses respect for who you can be	Balanced discipline is organized/efficient allowing for personal accounting & fulfilling responsibilities	Compassionate discipline reflects unconditional love After reproaching ourselves we feel regret not shame	Effective discipline is consistent. We must be able to achieve short and long term goals. Endure the pain.	Discipline with humility means truly seeing the one you are judging (yourself/another) No personal bias.	Effective discipline is coupled with commitment and bonding. This discipline is for our mutual benefit.	Discipline ought to enhance personal dignity, bolster self-esteem & elicit the very best in a person.
3 תפארת	Compassionate love, rooted in the truth of who you are not who I want you to be, is expressed tenderly.	Compassion requires discretion. Only in the right time, with appropriate people & in the correct measure.	True compassion is limitless. The nullification of ego allows us to see only the needs of another.	Compassion must be enduring and consistent. We can be compassionate even when it's not popular/ convenient.	God gave us the ability and opportunity to be compassionate. It doesn't elevate us above the recipient.	True compassion creates an eternal bond between giver & receiver extending well beyond the moment of need.	Compassion cultivates dignity. Not just the dignity of the beneficiary but you are ennobled as well.
4 נצח	Endurance requires a combination of grit and love. Love enhances the commitment and encourages cooperation.	Strong/Healthy endurance is focused on productive goals and expressed in a constructive fashion.	Endurance with compassion is a commitment to a life of serving others (less fortunate) grow in lasting ways.	Consistent endurance allows us to conquer seemingly impossible challenges under the most difficult conditions,	Our capacity to endure is enhanced as we recognize that infinite/ limitless strength is natural to our Soul.	Creating a deep emotional bond with our resolutions creates lasting endurance and enhances our commitments.	Enduring in a dignified fashion for a meaningful cause is a testament to the majesty that lies within.
5 הוד	Healthy and authentic humility allows us to create a space within ourselves to love another.	Disciplined humility ensures that we compromise when appropriate and stand firm with integrity when needed.	Humility that expresses itself in compassion is balanced and beautiful. It allows us to be truly empathic.	Humility is the fuel for the engine of endurance. Humility is never weak. It gives us the courage to endure.	Humility is the fuel for the engine of endurance. Humility is never weak. It gives us the courage to endure.	Faux humility breeds loneliness. True Humility is the ultimate tool to create deep & lasting relationships.	Dignified humility comes with understanding that we are rays (emanations) of the but not the sun itself.
6 יסוד	Love/giving/total devotion is the base upon which an eternal bond (not simply a connection) can be created.	Healthy bonding is always appropriate (person, space & time) Codependency is the counterfeit of connection	Empathic bonding means See their perspective Don't judge Recognize their emotion Communicate their emotion	Bonding requires endurance. There will be challenges/ setbacks. The key is commitment. Confront the challenge	Arrogance divides Humility unites Bonding requires the humility to be yourself & see another simultaneously.	Bonding occurs on the level of the soul. As humans we are all uniquely distinct. As souls we are all one.	In bonding everyone must retain their identity. Both people enhance their dignity by bonding with another.
7 מלכות	A dignified life comes from knowing that you belong/ make a difference. Make a difference to another.	Strong leadership sees dignity in others & in a balanced way challenges them to live up to that standard.	Dignified people show compassion to others They recognize the sanctity of others & treat them accordingly	Dignity is measured by our ability to endure. From a place of self we find strong conviction in decisions.	God has endowed us with dignity by creating us with the spark of Himself. That is a humbling perspective.	Self esteem (recognition of our natural Godly dignity) enhances our ability to connect deeply with others.	True confidence isn't a mask of our insecurities. It's the recognition that I am worthy simply because I am.