

In a ThetaHealing session I may ask you, "What are you learning from this?" Remember, the subconscious beliefs are there to protect us in some way or another. We created these patterns in our lives because they protect us or are teaching us something. When we identify both consciously and subconsciously what the lesson is or what we are "getting from it" (the benefit), we will likely continue to create the pattern. Recognizing the virtues is a way to easily discover what you are learning from this. We are here to master virtues. When we recognize the lesson and call it complete, we deeply release that pattern or belief and freely move forward.

Virtues

Acceptance	Dedication	Honesty	Playfulness
Assertiveness	Devotion	Honor	Preparedness
Authenticity	Discipline	Hope	Practicality
Balance	Dignity	Humor	Prudence
Beauty	Diligence	Humility	Purposefulness
Belief	Discretion	Idealism	Pure Intent
Benevolence	Eloquence	Innocence	Reliability
Bravery	Enthusiasm	Integrity	Respect
Caring	Endurance	Imagination	Responsibility
Charisma	Empathy	Intelligence	Reverence
Charity	Ethics	Joy	Self-Discipline
Cleverness	Equanimity	Justice	Service
Clarity	Excellence	Kindness	Sincerity
Cleanliness	Fairness	Knowledge	Sympathy
Communication	Faith	Love	Tact
Commitment	Flexibility	Loyalty	Temperateness
Compassion	Forgiveness	Magnanimity	Tenacity
Confidence	Focus	Mercy	Tolerance
Consideration	Fortitude	Moderation	Tranquility
Contentment	Friendliness	Modesty	Trust
Conviction	Frugality	Nobility	Truth
Cooperation	Generosity	Openness	Understanding
Courage	Gentleness	Optimism	Unity
Courtesy	Grace	Orderliness	Visionary
Creativity	Graciousness	Passion	Vitality
Curiosity	Gratitude	Patience	Wisdom
Detachment	Harmony	Peace	Wonder
Determination	Helpfulness	Perseverance	