

The 7 deadly sins

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| 1. Lust | 5. Wrath |
| 2. Gluttony | 6. Envy |
| 3. Greed | 7. Pride |
| 4. Sloth | |

IS PRIDE THE DEADLIEST SIN OF ALL????

In one's introspective journey it forces you to be opened to all types of ideology and the Seven Deadly Sins is a philosophical dichotomy that humankind will continue to struggle with and is a journey that can take a lifetime to unfold and put into perspective when evaluating the human frailties and its kind. The Deadly Sins dates back to AD 590 when written by Evagrius, many years later it was revised by Pope Gregory who added pride and envy to this list and again is repeated by Dante Alighieri (1265 – 1321) in his epic poem The Divine Comedy.

The sin however that I am most intrigued with is **PRIDE** – is it truly the deadliest sin of all????

Pride is defined as believing that one is essentially better than others, failing to acknowledge the accomplishments of those around them, overall the excessive admiration of one's self. It can be viewed as a level of magnanimity, which can be destructive to the human psyche. On the surface one's accomplishments and achievements should be acknowledged but does it become the "focal of the universe" at the expense of everything else. Pride dates back to the biblical times of Lucifer (God's prized angel) who wanted to compete with God for his power and was thereafter banished from Heaven which resulted into his transformation into Satan.

A strong indicator of **PRIDE** is **COMPETITIVENESS**. Whereby there is nothing wrong with playing to win, provided that there is joy/enjoyment in participating. Therefore against that background if one's happiness is dependent on defeating others then you have fallen into the trap of **PRIDE** and are building a world of illusions.

Being human, we are capable of transgressing to too many frailties and should aspire throughout our life's journey to resolve some of these issues in our voyage to self actualization;

1. Be grateful to anyone and everyone. They are in your life for a reason!
2. Beg forgiveness when we transgress to the sin of **PRIDE**
3. Aspire for the gifts of **HUMILITY** and **GRATITUDE** and make this a lifelong journey.

PRIDE may be defined as one of the deadliest sins of all, but **FAITH** is described as its virtue and recorded throughout many religious texts on one's spiritual journey as a "holy grail" to keep man centered with the Universe. The quest for self actualization is a very powerful journey and we will never fully "be" if we don't stop and truly confront our humanness and aspire to **NIRVANA** whereby defined in the Buddhist religion as a divine ground of existence and the experience of blissful egolessness.