

*I.D.E.A. is another term for Being,
for a being is the sum total of
concepts accepted and rejected.*

*The Being seeks to find the
I.D.E.A.L, the perfect expression of
its Entelechy that being its True
potential.*

Being an I.D.E.A.

Perfect practice produces Perfect results and the truest
expression of wisdom is Perfect Love.

Prologue

A student asked for the proper method of raising an I.D.E.A. For people are the sum expression of the concepts accepted and rejected, which in most cases are impressed by environmental influences: parents, peers, culture, etc. The following discourse is in regards to that initial conversation; for upon completing the lengthy discussion it seemed that this was understanding that was lacking throughout the general populace. I do not claim to reveal anything new, and with diligent research through ancient manuscripts, stories, and myths one will see the psychological and philosophical wisdom promoted in the following discourse.

The tools presented work for any I.D.E.A, and through proper application allow one to express character and definition which is the foundation to life manifestation. The following pages will explain the euphemisms of “as above so below; as within so without”, “I AM THAT I AM”, and proponents that deal with leverage, autosuggestion, and virtues. Yet with this remember that the Dao which can be spoken is not the true Dao for you must go within to find the path of yourself. These words are only tools of assistance.

When reading these words embed them in thy Über conscious as the words of a dear friend, colleague, advisor who in the spirit of truth wants only that which is best for you. This I.D.E.A understands that you being at your best will assist the rest in becoming their best, and through this process of growth planetary mental reform is manifested. Thou hast to build thy self, this I.D.E.A. will provide resources acquired and utilized on its journey to oneness and truth to you.

Thank you and be blessed.

What is an I.D.E.A.?

The I.D.E.A. is a principle, to the author an acronym meaning Intelligent Divinity Excellence Actualized (Love). The definition of each word being:

- Intelligent – able to vary states (cognition, physical and spiritual) of action in response to stimuli (internal and external) experienced.
- Divinity - of from, like G-D;
- Excellence – the quality of being extremely good and outstanding;
- Actualized – to make a reality i.e. manifest.

So the base root of being is the ability to control self, as G-D, being an extremely good manifestation.

Now in order to express this principle greater awareness is required on how to define the intelligence that will crystalize into being intelligent. Until the conscious decision is made to express the entelechy of the self, this I.D.E.A. was the expressions of the impressions other I.D.E.A.s propagated. These other I.D.E.A.s had definitions such as mother, father, sister, brother, teacher, preacher, television, artist, video games, etc. yet developed awareness comprehends that title does not imply the form nor I.D.E.A.L of the role. Giving birth does not make a mother, nor does being blood create a sister; these titles are taken for granted as a right of entitlement. Viewing two generation of I.D.E.A. manifestation does not make one great nor grand.

To be a mother or father implies proper nurturing and instructions on how things were, advancement and development into how things will be. Yet this degree of understanding and

foresight is a rarity in this society; and as a base of context this is describing the states of America.

Now if the I.D.E.A. is the result of the impressions and projections of others, and those are only that which they have analysed where is the hope of greater virtues and development?

I AM THAT AND I AM THIS

Prior to the concept of union and as early as possible an I.D.E.A. must learn and apply self-programming. To program self is the chisel to turn marble into a sculptured masterpiece. In order to program self the I.D.E.A. must define self through words and the words of root programming in the English language are “I AM”. I AM is the base code of character, development and expression. This I.D.E.A. suggest and strongly recommends the table of virtues in the appendix as a starting place.

The accumulation of character traits cannot be taken from you and the treasures of their presence is carried everywhere you go and being displayed unto every I.D.E.A. you encounter. Virtues are that light within that radiates distinction through the reflection of your being

Connecting Virtues

Throughout the virtue list an I.D.E.A can see that certain virtues are in alignment with similar virtues “For Like associates with Like”. By developing a complimentary virtue an I.D.E.A. is able to see the fruit of defined character as action.

Example: If an I.D.E.A impresses (writes/speaks) the affirmation “I AM CARING ALWAYS” then by repetition the I.D.E.A. becomes more aware of being Caring, Compassionate and Kind. Compassion increases the I.D.E.A’s Understanding, Understanding germinates Tolerance, Tolerance sows Patience and Tenacity. Tenacity cultivates greater discipline being Perseverance. Perseverance manifest Commitment, Determination and Resilience. The tree of virtuous characteristics continues to grow and it started from the seed of deciding to become Caring always.

The wisdom of impressing virtues should be self-evident, but I.D.E.A’s tend to ask the amount and frequency. Personally this I.D.E.A. writes a page of affirmation upon awakening and prior to retiring. Writing upon awakening instructs the Über Conscious and Body on the attitude and character to be displayed during the day and at retiring instructs the Über Conscious and body on the meditation to reflect upon during rest.

It is highly recommended to impress the same affirmation for at least one full lunar cycle so that through the daily repetition the affirmation begins to rewrite past conditioning to the way thou want to become. Thou hast one of the tools and a supplement to the virtues list is a Good dictionary in which one can define itself to peak perfection.

SPEAKING EXISTENCE

Out of the abundance of the heart the mouth speaketh.

The art of redefinition changes thought, speech, and conduct, for I.D.E.A.s create what they meditate upon. If the I.D.E.A. is only giving what is witnessed or taught it is a parrot not even displaying cognitive intellect. Beware of Parrot’s for many are

sleep and through atrophy and lack of use - their brains are rotted.

One can tell those who are aware through their manner of speech for their words will be precise and lack ambiguity and a reason is understanding the inner mechanisms of the Über Conscious.

POLAR HOMONYMS

A secondary reason for being precise with language is to avoid polar homonyms. A Polar Homonym is a two words that sound alike yet have two completely different definitions.

Example: NO & KNOW: The first is a statement of prohibition and the second a statement of understanding. The challenge is that the Über Conscious is more prevalent to use the definition of NO when the phrase I KNOW is spoken. This implies a total blockage of the information received.

A second example would be morning and mourning. The first being a reference to a time of day the second is a mood of sorrow. Depending upon the conscious of the I.D.E.A. it could perceive Good Morning as if it is good to be sorrowful. This knowledge is not new. It was for this reason though in the Hebrew text it says do not call the bad good nor the good bad. This creates a form of linguistic confusion and destruction of virtuous principles. Below is a list of common polar English homonyms. Farm & Pharm, Day & Daze. Our & Hour, Minute (time) & Minute (size).

THIS IS GOOD BUT WHAT ABOUT LOVE

The first question is what is your experience of love? The second are you looking for growth, companionship or release?

1st question: Our primary environment has a deep impact of our interpretation of love. One student said that it loved others, but did not love itself. This statement shows a lack of understanding of love.

To love another one must love the self for how else could one understand how to give love. This is speaking of true love not infatuation. The 1st suggestion is to affirm daily I love myself and I care for my temple. This structure that manifest the projection of this I.D.E.A is a temple.

In treating this temple with care and respect, the I.D.E.A is able to treat other temples with love and respect. To be, begin by being. As written at Delphi “understand thyself”. When one begins to arduously program virtues on a daily basis; expressions of those virtues will begin to emit and attract situations to display love. Most need to learn to love for their programming is inconsistent with true love.

The second question is of utter importance for it is a reflection of intent. Rule 1: There is great difference between being alone and loneliness. Loneliness thinks company will take away loneliness, when in truth loneliness is a lack of understanding of the self and is transcended by the virtues of Kindness and Unity.

Not being upfront of intent is the cause of so many breakups/divorces today. They were union in physical instead of mental and spiritual. The intention was lust (physical release) instead of love.

In short lust looks to fulfil the desire of the body. This society believes that falsehood that spasm is good, where truth knows unification is for transmutation. The undisciplined societal

parameters of intercourse increase in the propagation of disease and the creation of various poisons such as birth control.

Truth knows the self-discipline of continence. An act of unification can produce another I.D.E.A., yet it also has the ability to produce higher spiritual attunement. This is why in the Hebrew text it says one who releases the inner water is unclean until the evening. The act is not unclean unless there is no self-control.

Because the spasm realises a rush of endorphins, I.D.E.A.s seek the feeling using another I.D.E.A. for the sensation. This is a grave tendency, since in time there is no growth for there is no foundation. And once the I.D.E.A.s split they seek other I.D.E.A.S in hopes it will be different this is the circle of lust.

Upon defining who thou art, when thou dost meet another I.D.E.A. First unify in mind. How you ask? Start with we are. Ask what are we growing to be? In this practice of affirming who we are as a unity our mental and spiritual will give clarity to our unified purpose. This unified purpose will grow and sustain our relationship, since we will have developed our unified I.D.E.A.L. For prior to physical consummation I.D.E.A.'s must have Unity of Spirit and Unity of thought. And remember if one tomato seed can produce an infinite amount of tomatoes, in truth one spermatozoa is all needed to create an I.D.E.A. Always remain clean.

TIME

*A young pupil asked, "how many hours are in a day?"
As many as one knows how to pay for, manage and automate*

(Note): This section discusses a concept called photoreading which is the ability to read 30 Pages per second with the Über Conscious. This I.D.E.A. recognized over 10 years ago that its Brain was conditioned through television to analyse images at this frame rate. This is seen in some of the works produced by Raelivision.

When developing the concept of photo reading this I.D.E.A met with specific hurdles, and had to learn how to leverage resources; an act which is still practiced in all facets of existence. One particular challenge was sorting the images and the running the program automatically. This caused the learning of simple point and click macro programs. These programs act as the keyboard and mouse and run based on parameters defined by the programmer.

In the course of learning the I.D.E.A recognized that to pay someone to do the task manually would cost 100k, which meant learning this skill would be worth at least 100k, but greater was the learning of time. The initial program was time based meaning do task 1 wait 5 minutes and do task 2, and so on. What was recognized is that each minute added 2 days to a 3000 instance cycle. This realization caused one to question its daily habits, since many do not change and keep the same habits. But this I.D.E.A. asked what is the time invested over 8 years which is approximately 3000 days.

This means if an I.D.E.A watches television, plays video games, reads Facebook for 1 hour a day that after 8 years 4 months of waking existence is dedicated to that activity. This awareness caused one to totally redefine thought patterns and habits.

Through understanding automation one was able to write simple programs and leverage computers in order to buy more time daily. For each computer is an employee fulfilling the tasks that are required. One bought a group of these computers over 6

years ago knowing the parameters and specs needed to accomplish present and future desires. The computers only cost the electricity that they use upon purchase. Automation buys time, so when one says there is only 24 hours in a day, say I guess you also believe that 1+1 only equals 2.

Dow did this wave of false hood begin?

Improper education: repetition of so called facts is not education it creates parrots not thinkers. True thought requires thorough analysis and the understanding of polar perspectives. The current system promotes closed mindedness and belief without investigation.

The primary virtue that assist in educating the I.D.E.A is wonder. Wonder generates creativity and imagination. Creativity results in Joy and purposefulness. Purposefulness propagates commitment and Joy springs forth into Hope, Peace and Love.

And in response to what is Love? Love is a verb an action of Caring, Forgiveness and Unity. The virtues hold the keys to the existence that is desired

What is the equation for happiness?

The equation for happiness is T.A.G. your are it. T.A.G. stands for Thankfulness, Appreciation, and Gratitude. First, create a gratitude journal and write ten things you are grateful for on a daily basis without repeating. It becomes interesting after day 10. Make this a habit and you will reach true happiness.

Appreciation: That which we appreciate i.e. reverence, the full worth of / are grateful for will in time rise in its inherent value towards us. In appreciating others assistance and showing consideration happiness increases. Now this is the true happiness, not shallow/false happiness which is derived from selfishness.

Thankfulness is another virtue just as gratitude. This virtue provides thoughtfulness which means the I.D.E.A is more considerate of the needs of other I.D.E.A.s. Gratitude produces Hope, Joy and Peace. In truth when an I.D.E.A is seeking Happiness they are truly seeking fulfilment. That is best expressed in learning flow. The most efficient way to learn this concept is through the works of Mihaly Csikszentmihalyi and The Rise of Superman by Steven Kotler.

The condensed version is a creative activity that you can be completely absorbed in daily that provides you with challenge stimulation and growth.

So remember happiness is as simple as T.A.G. you're it.

THAT WHICH YOU ARE YOU ATTRACT

The wisdom of building character is self-evident prior to entering a bond with another rather for union or constructive development. If an I.D.E.A has not developed and witnessed virtuous traits how will it notice them in others. This is especially true in the concept of seeking eternal union, but before that let's discuss infinity.

Nature in all its splendour and glory operates on the principle of infinity. How many tomatoes can be produced from one seed? The same holds true for apples, cherries, jackfruit, and kiwi.

Nature can continue its growth from seed or cutting. Nature is also conscious, since it is aware of environmental conditions and acts accordingly. Deciduous trees provide a blanket for insects and reptiles. Bees provide pollination and for their work reap honey which sustains their existence during the winter. Certain ants feed and harvest fungi through their constant work and preparation. Squirrels hide seeds in store for winter many of which become new trees. The system operates in a form of continuous unity and purposefulness. To be who you are you must exercise constant purpose. Better yet constant honest purpose.

One emphasizes honesty due to existence is time-based and purpose illustrates objective drive. The greater the purpose the greater the determination and this must grow to the point that if it has to be done one will do it alone.

This is a huge initiation of the universe. In order to test the merit of your spirit the universe will isolate you to determine how you operate on your own, how do you utilize your time? How do you refine your habits? We have already illustrated the impact of 3000 days and 1 hour.

In truth these principles created an auto-bot of this I.D.E.A. This I.D.E.A. eats and dresses in the same clothing daily without thought, yet the time that was utilized for such activities are now utilized in higher spiritual development. Variety is not the spice of life: consistency in growth and development is the true spice of life.

When you develop your mental and spiritual habits to focus upon activities that stimulate creative constructive fulfilling endeavours your countenance and attitude evolves.

Now this is not to say that hurdles will no longer appear, it is to say that your inner resolve to persist will grow through experience, knowledge, intuition and resolution to surmount the

hurdles and progress to the next objective. This persistence is derived from being honest about your life desires and working daily towards their achievement

The development of character allows the recognition of traits you admire and those you disdain. In understanding this the I.D.E.A will naturally gravitate towards concepts which cause inner fulfilment.

In speaking of authentic happiness this I.D.E.A. used to indulge in activities which it thought was proper, yet the fruit of these activities was deplorable. Take for instance smoking: this I.D.E.A in its search for happiness, reflected on all the smokers it knew and asked within are they truly happy. Upon complete analysis of all whom it had associated with not one smoker or drinker was authentically happy. I.D.E.A.s with these traits were utilizing the substance in order to derive a feeling of temporary false satisfaction. This I.D.E.A. holds the same to be true of those who indulge in caffeine rather coffee or soda. Authentic happiness is a well spring within that has to be nurtured and cultivated.

The I.D.E.A must love itself taking great consideration as to what is being put within its temple. This includes what one reads, listen to, associates with and eats. Plus one must be conscious of the thoughts and suggestions that populate the mind.

The mind is a garden that without conscious recognition is planted with the trees and briars of other I.D.E.A.s, but upon conscious recognition the I.D.E.A has to uproot the old thoughts and suggestions. Nature abhors a vacuum, so mind as nature requires the I.D.E.A to plant new cultivars that are of its own choosing. After long deliberate work the I.D.E.A becomes the fruit of the cultivars impressed for the heart's intent produces the thoughts, which are acted upon to create the I.D.E.A.s vision of manifestation.

***YOUR FUTURE SELF HAS A VESTED INTEREST
IN YOUR PRESENT SELF***

Think about this statement and reflect upon its significance. Being a growing developing I.D.E.A at some point the realization that all moments are one occurs whether through déjà vu and/or precognitions. Now if the future self has a vested interest in the present self then it would be wise to inquire within on what future self you are about to actualize. Remember the earth by habit will bring forth plants. The gardener must work with nature to propagate the plants desired. Now uncontrolled propagation tends to produce plants that are undesirable. Existence will produce undesirable conditions if the I.D.E.A does not take the incentive to deliberately focus its thoughts and cultivate the desired objectives. This type of development takes a deliberate commitment. Now the most efficient method of leveraging the environment is acronomics, autosuggestion and vision crafting.

ACRONOMICS

What does each letter of your name mean? Take the name Brenda as being beautiful + righteous + excellence + noetic + divine + awesomeness. Now B.R.E.N.D.A writes her name and hears her name all day. Other I.D.E.A.s have their own subjective interpretation of Brenda, but when they say her name she hears beautiful + righteous + excellence + noetic + divine + awesomeness = B.R.E.N.D.A. From the moment Brenda evolves to B.R.E.N.D.A she is leveraging life to assist with the propagating of her thought and character and through time B.R.E.N.D.A. will grow to become beautiful, more righteous, more excellent, more noetic, and more awesome.

Now what happened when each letter of the alphabet was a specific definition attained to the symbol? The environment and

Über conscious become one in the process of reprogramming the mind. The degree that one applies this tool is up to them this I.D.E.A. only provides the tools.

AUTOSUGGESTION THROUGH MUSIC

Most individuals have a commute of one hour to their place of occupation. What if a radio station or disc set was created in order to assist with the implanting of positive productive thoughts? We'll thanks to the Most High it has and it is called Alpha Entelechy. This six disc montage deals with programming creativity, peace, productive, positive affirmations, and much more as you go to work, jog, work out or any other event where you can listen to music.

Now by applying the principle of listening to the inspiration and motivational content daily you will begin to have new insights, recognize new concepts, and intuitions to assist with the completion of your objectives. This I.D.E.A. created these discs from the desire of leveraging all the time and resources available.

FUTURE CRAFTING

Most homes are the result of past conditionings and desires. All the things in the environment are desires of self or someone else. Yet most artefacts remind the mind of the past. This means thought is focused on the past instead of what is going to come.

In the Born Rich Seminar by Bob Proctor, John Cannery says "If you put a lot in you get a lot out" This principle holds true with all suggestion in this tome. Vision Boards are one of the best self-investment an I.D.E.A. can make. These pieces of art offer definition and Image stimulation to the Mind. This I.D.E.A. has a habit of constructing 2 or more Vision Murals in its predominate environment yearly. As time has progressed the process has become more refined; beginning with buying magazines and glue sticks into working with digital magazine and various software.

This I.D.E.A keeps pictures and words that inspire a productive conscious and inspires progress towards future achievements. This process places the I.D.E.A. in alignment with its future self. By working in unity and applying leverage of time and environment you will be aligned with manifesting your future I.D.E.A.L.

CHARACTER & PRINCIPLE

The character of an I.D.E.A. is defined by the principles exhibited by an I.D.E.A.. Principles stem from impressions whether by others or SELF. When asked this I.D.E.A.'s initial reason for becoming vegan, it replied for future children and fairness. The I.D.E.A. recognized the impact of animal agriculture on the planet and the resources wasted in its process and it felt that in order to live just and fair it should eat in a way that every I.D.E.A. on the planet could eat without harming the planet. These constructs founded the way.

The way in turn became the bases of decisions, which instilled new principles through stages of growth. As the principles became refined this manifested the I.D.E.A.'s current character and perspective of existence.

WHY?

Why is the objective of the I.D.E.A. and this brings us full circle to the question of Why one wants a relationship. This I.D.E.A. constructed a deliberate way in order to test specific hypotheses on the upbringing of posterity: Polgar 3.0.

Many hypothesis dealing with randomness are propagated; when one recognized a system of perfect order. Now perfect order has rules and through proper application produces perfect

results. This was the basis of the WHY: Entelechy. What is the full potential of an individual, unit, the collective whole and how to actualize this aspect? This is and was the driving motivation and all decisions are based upon this objective.

So understand the principle by which thou dost set upon thy mind will determine the amount of growth you will develop. In acquiring principles one must take time to be the example for those who have not decided on their principles.

THE TRUE JEWEL OF EXISTENCE.

It appears the wisdom of Buddhism has substantial merit. Nirvana is the nullification of desire and in this is a concept that can bring peace of mind. The ultimate jewel is peace of mind which is labelled as true contentment. The nullification of desire does not mean one does not like or dislike. It means one is not attached.

Attachment begins with language. When one learns my and mine the I.D.E.A. forms a literal connection with I.D.E.A. and object. This connection breeds possessiveness.

The true mind recognized shared language of oneness and responsibility. This understands that she is not my wife, but we are one just as they are not our children we are one. This oneness instils honour respect care and consideration, for we are one's caretakers meaning that we as a unified entity/ the I.D.E.A.L attends to the needs of the whole, providing proper emulation for the I.D.E.A's to express as it develops and grows.

Oneness does not seek separation for oneness is unification. In accepting the responsibility of being the caretaker of I.D.E.A.s oneness expresses multiplication. The I.D.E.A.L. chose oneness

in order to be conditioned in truth and it is the responsibility of oneness to emulate truth.

In truth all I.D.E.A.'s chose their caretakers. Sometimes for the knowledge of what to do others for what not to do, but as caretakers understand all the universe is perfect order. That which was given is a responsibility a duty and it is the caretakers' responsibility to assist and provide the new I.D.E.A. the best truth available.

GROWING PLANTS IN A RELATIONSHIP

The time of man is not synchronized with the pace of plants, and fans of horticulture know that different plants have different germination times, conditions, environments requirements and different fruiting times. This understanding applied to growth assist with care and patience. Annuals produce faster, yet require the gardener to either leave scattered seeds or replant every year. Fruit trees require 5-6 years maintenance prior to being able to reap rewards. Yet the rewards continue for 20-50 years. Secondly plants reach the concept of infinite returns when one recognizes that each seed is the potential of infinity.

This same potential resides within you, but you must provide the proper environment and conditions for it to germinate develop and grow. Upon proper maintenance and cultivation the fruit which you produce will be in reflection of the time and effort applied to the manifestation of the plant. The statements in this tome are truths the application is up to you. In all things be blessed.

Appendix

Acceptance: The act of accepting something or someone

Complements: Contentment, Forgiveness : Transcends: Denial, Rejection

Assertiveness: Disposed to or characterized by bold or confident statements and behavior

Complements: Confidence, Courage : Transcends: Self-doubt, Shyness

Authenticity: True to one's own personality, spirit, or character

Complements: Honesty, Integrity : Transcends: Low self-esteem

Beauty :The qualities in a person or a thing that give pleasure to the senses or the mind

Complements: Joyfulness, Peace : Transcends: Ugliness

Caring: Feeling or showing concern for other people

Complements: Compassion, Kindness : Transcends: Cruelty, Insensitivity

Cleanliness: The practice of keeping yourself and your surroundings clean

Complements: Orderliness, Purity : Transcends: Dirtiness

Commitment: An agreement or pledge to do something in the future

Complements: Loyalty, Perseverance : Transcends: Lack of Direction

Compassion: Sympathetic consciousness of others' distress together with a desire to alleviate it

Complements: Caring, Understanding : Transcends: Grief, Judgment

Confidence: A feeling or belief that you can do something well or succeed at something

Complements: Assertiveness, Courage : Transcends: Self-doubt, Uncertainty

Consideration: The act of thinking carefully about something you will make a decision about

Complements: Caring, Compassion : Transcends: Selfishness

Contentment: The state of being happy and satisfied

Complements: Fulfillment, Joy : Transcends: Dissatisfaction, Restlessness

Cooperation: A situation in which people work together to do something

Complements: Teamwork, Unity : Transcends: Defiance

Courage: Mental or moral strength to venture, persevere, and withstand danger, fear, or difficulty

Complements: Boldness, Confidence : Transcends: Fear, Self-doubt

Creativity: The ability to make new things or think of new ideas

Complements: Joy, Purposefulness : Transcends: Ordinary

Detachment: Lack of emotion or of personal interest

Complements: Faith, Freedom : Transcends: Control

Determination: A quality that makes you continue trying to do or achieve something that is difficult

Complements: Commitment, Tenaciousness : Transcends: Complacency

Dignity: A way of appearing or behaving that suggests seriousness and self-control

Complements: Honor, Respect : Transcends: Egoism, Selfishness

Encouragement: Something that makes someone more determined, hopeful, or confident

Complements: Support, Caring : Transcends: Self-doubt, Discouragement

Enthusiasm: Strong excitement about something; a strong feeling of active interest in something that you like or enjoy

Complements: Energy, Motivation : Transcends: Boredom, Indifference

Ethical: Following accepted rules of behavior; morally right and good

Complements: Fairness, Respect : Transcends: Immorality

Excellence: Extremely high quality

Complements: Dignity, Honor, Integrity, Respect : Transcends: Mediocrity

Fairness: Treating people in a way that does not favor some over others

Complements: Equality, Justice : Transcends: Grievance, Injustice

Faith: Strong belief or trust in someone or something

Complements: Confidence, Hope, Trust : Transcends: Apprehension, Doubt

Flexibility: Willing to change or to try different things

Complements: Detachment, Understanding : Transcends: Stubbornness

Forgiveness: The act of forgiving someone or something

Complements: Freedom, Peace : Transcends: Anger, Bitterness

Friendliness: Acting like a friend; kind and helpful

Complements: Kindness, Tact : Transcends: Shyness

Generosity: The quality of being kind, understanding, and not selfish; the quality of being generous

Complements: Kindness, Service : Transcends: Stinginess, Self-centeredness

Gentleness: Having or showing a kind and quiet nature; not harsh or violent

Complements: Patience, Peace : Transcends: Aggression

Graciousness: Very polite in a way that shows respect

Complements: Dignity, Tact : Transcends: Disrespect, Rudeness

Gratitude: A feeling of appreciation or thanks

Complements: Hope, Joy, Peace : Transcends: Disappointment, Pain

Harmonious: Having parts that are related or combined in a pleasing way

Complements: Unity : Transcends: Hostility

Helpfulness: Making it easier to do a job, deal with a problem, etc.; giving help

Complements: Graciousness, Service : Transcends: Negativity

Honesty: The quality of being fair and truthful

Complements: Integrity, Truthfulness : Transcends: Deceitfulness

Honor: Respect that is given to someone who is admired

Complements: Dignity, Respect : Transcends: Shame

Hope: To want something to happen or be true and think that it could happen or be true

Complements: Faith, Joy, Trust : Transcends: Despair, Frustration

Humility: The quality or state of not thinking you are better than other people

Complements: Modesty : Transcends: Arrogance, Pride

Idealism: The attitude of a person who believes that it is possible to live according to very high standards of behavior and honesty

Complements: Confidence, Hope : Transcends: Cynicism, Pessimism

Integrity: Firm adherence to a code of especially moral or artistic values; the quality or state of being complete or undivided

Complements: Honesty, Trust : Transcends: Corruption, Deceitfulness

Imaginative: Having or showing an ability to think of new and interesting ideas; having or showing imagination

Complements: Creativity : Transcends: Ordinary, Rationalism

Joyfulness: Feeling, causing, or showing great happiness; full of joy
Complements: Hope, Peace, Love : Transcends: Discontent, Suffering

Justice: The process or result of using laws to fairly judge and punish crimes and criminals
Complements: Fairness, Integrity : Transcends: Discrimination

Kindness: The quality or state of being kind; a kind act
Complements: Caring, Compassionate : Transcends: Cruelty, Loneliness

Love: A feeling of strong or constant affection for a person
Complements: Caring, Forgiveness, Unity : Transcends: Fear

Loyalty: The quality or state of being loyal
Complements: Honesty, Trust : Transcends: Betrayal

Moderation: The quality or state of being reasonable and avoiding behavior, speech, etc., that is extreme or that goes beyond what is normal or acceptable
Complements: Diligence, Responsibility : Transcends: Obsessions, Overindulgence

Modesty: The quality of not being too proud or confident about yourself or your abilities
Complements: Humility : Transcends: Self-importance

Optimistic: Having or showing hope for the future; expecting good things to happen
Complements: Hope, Joyfulness : Transcends: Pessimism

Orderliness: Arranged or organized in a logical or regular way
Complements: Cleanliness, Purity : Transcends: Chaos

Passionate: Having, showing, or expressing strong emotions or beliefs
Complements: Enthusiasm, Purposefulness : Transcends: Indifference

Patience: The ability to wait for a long time without becoming annoyed or upset
Complements: Determination, Peace : Transcends: Frustration

Peace: A state of tranquillity or quiet
Complements: Love, Serenity, Unity : Transcends: Anger, Cruelty

Perseverance: Continued effort to do or achieve something despite difficulties, failure, or opposition

Complements: Commitment, Determination, Resilience : Transcends: Laziness

Preparedness: The quality or state of being prepared

Complements: Excellence, Orderliness : Transcends: Complacency

Purposefulness: Having a purpose as in something set up as an object or end to be attained

Complements: Creativity, Commitment, Joyfulness : Transcends: Boredom, Indifference

Reliability: The quality or state of being reliable

Complements: Integrity, Loyalty : Transcends: Untrustworthiness

Respect: An act of giving particular attention

Complements: Dignity, Reverence : Transcends: Inconsideration

Responsibility: The quality or state of being responsible as in moral, legal, or mental accountability

Complements: Courtesy, Tact, Trust : Transcends: Selfishness

Reverence: Honor or respect that is felt for or shown to (someone or something)

Complements: Respect, Worth : Transcends: Hatred

Self-discipline: Correction or regulation of oneself for the sake of improvement

Complements: Commitment, Determination : Transcends: Chaos, Unruliness

Service: Contribution to the welfare of others

Complements: Compassion, Generosity, Purposefulness : Transcends: Lack of concern, Self-centeredness

Sincerity: The quality or state of being sincere; honesty of mind

Complements: Authentic : Transcends: Disingenuousness

Tact: A keen sense of what to do or say in order to maintain good relations with others or avoid offense

Complements: Graciousness, Responsibility : Transcends: Clumsiness

Temperate: Habitual moderation in the indulgence of the appetites or passions

Complements: Moderation : Transcends: Excessiveness

Tenacious: Persistent in maintaining, adhering to, or seeking something valued or desired

Complements: Discipline, Perseverance : Transcends: Indecision

Thankfulness: Conscious of benefit received

Complements: Gratitude, Thoughtfulness : Transcends: Unappreciative

Tolerance: Capacity to endure pain or hardship; sympathy or indulgence for beliefs or practices differing from or conflicting with one's own

Complements: Patience, Tenacious : Transcends: Narrow-mindedness

Trust: Assured reliance on the character, ability, strength, or truth of someone or something

Complements: Loyalty, Respect : Transcends: Doubt, Skepticism

Truthfulness: Telling or disposed to tell the truth

Complements: Honesty, Faith, Trust : Transcends: Corruption, Deceit

Understanding: An agreement of opinion or feeling; adjustment of differences

Complements: Kindness, Tolerance : Transcends: Egoism

Unity: The quality or state of being made one

Complements: Harmony, Love, Peace : Transcends: Loneliness

Visionary: A thought, concept, or object formed by the imagination

Complements: Imagination, Leadership : Transcends: Lack of Inspiration

Wisdom: Accumulated philosophic or scientific learning; knowledge

Complements: Idealism, Visionary : Transcends: Lack of Intelligence

Wonder: A feeling caused by seeing something that is very surprising, beautiful, amazing, etc.

Complements: Creativity, Imagination : Transcends: Boredom