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What are the 5 deadly sins according to buddhism

Keep up with the latest daily buzz with the BuzzFeed Daily newsletter! The seven deadly sins are a classification of sins that will hinder your spiritual growth. The concept of the seven deadly sins doesn't come from the Bible. Instead, it stems from early church traditions. The seven deadly sins are pride, envy, lust, sloth, gluttony, greed and wrath. Multiple symbols represent each of them. PrideThe sin of pride stems from taking too high a view of yourself, your abilities and your qualities. The Bible says that the sin of pride was what led the angel Lucifer to be banished from heaven and become Satan. Satan used the lure of pride to lead Adam and Eve to sin. There are several symbols that represent the sin of pride. Animal symbols for pride are the horse, lion and peacock — majestic animals that can easily appear proud or arrogant. The color purple, a traditional symbol of royalty, also represents the sin of pride. Envy Envy is the constant desire for what others have that you don't have. Jealousy and envy go hand in hand. They can become unhealthy behaviors that lead people to become miserable and unsatisfied with their lives. The dog is the animal symbol for envy, presumably because dogs often tend to go after the food and items that other dogs have. The color green is a symbol for envy, which makes sense when you think of the phrase "green with envy." LustLust refers to overwhelming sexual desire. The act of lust leads to all sorts of sins, crimes and other problems that range from adultery to pornography. Giving into lust can destroy relationships and lead those who sin this way to become miserable and lonely. Lust can also be a strong, unhealthy desire for anything else. The cow and snake symbolize lust. The color blue represents that sin as well, possibly because of the sadness that follows sin. SlothMany times we think of the word sloth as representing laziness, but it can be much more than merely not doing anything. Sloth can also mean procrastination or refusing to do something good that you need to do instead of meaningless, so sloth is a serious category of sins. You would think that the sloth would be the animal that represents the sin that shares its name, but the animal symbol of sloth is the goat. Light blue is the color that corresponds with sloth because of its associations with daydreaming. Gluttony Gluttony is the sin of overeating and overindulging in more than what you need to survive. Of course, we think of eating when we think of gluttony, but the sin can also refer to any type of pleasure or material desire. Gluttony leads us to want more and more of what's unhealthy for us. Naturally, the pig represents gluttony because everyone thinks of pigs as overeating. The color orange represents gluttony. Color experts believe that the color orange stimulates your appetite, which is why restaurants often use shades of orange in their decor. Greed refers more specifically to money and other forms of material wealth. Greed puts your own wants above those of others, and it links in many ways to the other deadly sins. The frog represents greed, although the reasons for that symbolism aren't clear. Yellow is the color that corresponds with greed because of its similarity to gold. Wrath, or AngerWrath is the type of anger that leads you to lash out and act in ways that harm others. There's a type of anger that drives you to do good and just things, but wrath is the opposite sort of anger. Wrath leads to violence and broken relationships, and it's the kind of emotion that festers until you regret what you've done. The bear represents wrath because it's a powerful animal that gets angry and aggressive. The color symbol for wrath is red, which makes sense because it's the color of passion and the color that your face turns when you get angry. Keep up with the latest daily buzz with the BuzzFeed Daily newsletter! December 6, 2016 5 min read Opinions expressed by Entrepreneur contributors are their own. I wish I didn't, but I see lots of mistakes that people make when they are networking. How they network is based on flawed information that they somehow learned from other people, misinformation or beliefs about networking, or lack of training on how to be a great networker. I can tell you having attended many networking events, many people do not know how to network effectively. In fact, many are just plain terrible at it. That is why I wrote a book about networking. So let me share with you the six deadly sins of networking that many people make. 1. They think that it is about them. Okay let's be honest, you're not networking for your health, and you are networking. because you want to gain something, right? You want to increase sales, increase opportunities, grow your business, and build your networking. That is all true, but the key is when you are networking either live or virtually, it is essential not to have the networking. be about you. Let me be real clear cowboys and cowgirls, it' ain't about you. Let's be honest and totally transparent- people who network with you want to know what is in it for them. If that is true then hello -- make it about them. Many times when I've met people at networking events, they spend several minutes blathering on about themselves, never asking me one question about me what I do or what I want.2. They hang around with their own people. Many times when I've spoken at companies national meetings I will ask from the stage, where are all the people from Dallas? All the people from Dallas will hoot and holler and raise their hand, and probably no surprise to anyone reading this; they are all sitting at the same round table. It is the same no matter which group I call on. It baffles me. If you work in an office why would you go to your company's national meeting and sit with people you work with every single day? I know that one of the reasons people feel more comfortable with people to make new connections and to start to build a valuable network both inside and outside your organization. Related Book: Business Networking and Sex: Not What You Think by Ivan Misner3. They don't have a plan. When I ask people who are going to some networking event what their plan is for networking they look at me like a deer caught in the headlights. You know what look I mean. Not only do they give me a confused look, but they don't know what I am saying. What do I mean by having a networking plan? I believe in anything you do, if you are trying to achieve a result, people have to know what you want your results to be. You should have goals and objectives for networking, and when you go to a networking event, you should have a plan.4. They don't have "connecting" conversations. I have also met many people at networking events who are overbearingly outgoing or obnoxious or drunk, or just all three. As Napoleon Hill once said "The first step in getting people to like you is by liking them, and expressing it in the tone of your voice, in a sincere desire to be helpful to others whether they deserve it or not." Most people do not know how to have meaningful conversations. The idea of having any conversation is to make a connection and to build rapport with the other person. Related: Don't know how to greet and engage. I know that sounds surprising, but I find that many people when networking don't know how to make the approach. The way I define "the approach" is simply the way that you approach someone when you first meet them, whether it is on a plane a train, at a trade show or at dinner or a networking event. They either do not approach people at all, and they just kind of stand off to the side in a quiet corner, or boldly approach a group and rudely insert themselves in the middle of the conversation by interrupting. That is also a strategic mistake. Related: 5 Steps to Seriously Improve Your Networking Skills6. They don't know when to stop talking. There seem to be some people who have a tremendous love for hearing themselves talk about their favorite topic- themselves. If they closed their mouth, their tongue would beat their brain to death. These folks suffer from a disease I referred to as "egotists giantitus" or "giant ego syndrome." Let's face it; there is a thin line between confidence and arrogance. As a networker I want you to be confident and polished and articulate, but I do not want you to be arrogant. Most people do not like arrogant people, including other arrogant people, which I find ironic. So the goal in networking is to 1) talk less not more 2) to ask more questions 3) to engage and draw out the other person. Remember it is a conversation, not a dictation, a dialogue, not a monolog. Get out there and start networking the right way today.

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