



ANTIDOTES TO USE FOR THE "DANGEROUS KIND" OF COMPARISON

Comparison is one of the biggest de-railers of joy and creativity. If you practice with these antidotes enough, comparison no longer becomes an issue but a new way to move forward. A good place to practice is during this training.

1. IDENTIFY WHAT FEELING HAS MANIFESTED AND LET IT GO

When you detect that unmistakable feeling of comparison in your body, instead of going to the ego's arsenal of defense, allow the feeling to wash through you. Let it go, it's normal. Practice releasing over and over; soon comparison will be less toxic.

2. MOVE FORWARD.

It may be a directional sign for you. Turn it into a way to move forward. Ask yourself: What about this person, project, or idea, or whatever, can inspire me? What small step can I take based on this inspiration? Just the question is enough in the moment.

3. REMEMBER.

Avoid the ego's tendency to go into amnesia: Remember all you've done – give yourself credit for it. In fact, if your ego needs something to do, let it compare you with all those you are ahead of ... not to feel better than them, but to feel better about yourself. Step-up your appreciation for yourself. If comparing yourself makes you feel "less than" ... you get to practice feeling ENOUGH even if it's just a little bit more. What would that feel like?

4. TAKE THE HIGH ROAD

A spiritual alternative to the ego's need to separate you from others, is to merge as "one" and think to yourself: "Look at what we're doing." Feel apart of all that you envy and envy becomes a form of gratitude and appreciation.