

## 9 Energetic Practices to Transform the Comparison Habit

- 1) Look upon those who “in the flow” as wonderful **role models and possible mentors** for you. (even from afar) Let their lives inspire you to persist and grow yourself.
- 2) Comparison involves a lot of "judgment" so it helps to recognize that every person has come from different circumstances and has different things to learn in this lifetime. No matter what you've witnessed, there is usually a lot more to the story so try to refrain from assuming how easy or hard, how fair or unfair it is for you or for others. Instead of judgment, **practice deeper compassion** for the many private challenges that you and every human has in this life.
- 3) Celebrate the successes that you see out there. It's proof that it's possible. Seeing great wealth or health is a **reflection of the pure potential** on this planet. Instead of Comparison, practice "Comperision" - the joy that you can feel when witnessing someone else's joys and successes!
- 4) See another person's success as a **vehicle for more peace and well-being** in the world! The more abundance or joy you witness in people's lives, the more those energies are spreading on this planet. See their story of success as a positive step for the whole world! Their well-being means one less soul is suffering...
- 5) If you feel guilty about your wealth or health because you are comparing yourself to the “less fortunate”, remember that your poverty or illness will not help them either. Your happiness does not take away from anyone else's well-being; **your happiness transmits a vibration of peace** on this planet and makes you more likely to be kind and generous. And again, your well-being means one less soul is suffering and that benefits everyone.
- 6) Relieve the “FOMO” (fear of missing out) by focusing on your own life force and what you can experience in the now moment. Be present and find the meaningful beauty in that moment to release this FOMO kind of anxiety.
- 7) Release attachments to your “former” self by exploring the unique teachings of where you are now in your life. What insights are calling for your attention? What deeper compassion or understanding can you grasp from this chapter?
- 8) Instead of comparison or competition, think about collaboration and connection. Look for ways to co-create with others - those who have more AND those who have less. Together, you can build upon each other's strengths, reduce the pain of each other's struggles and complement each other's resources.
- 9) When you find yourself comparing, stop the thought train that is headed towards "Not Enoughness" (I'm not good enough or I don't have enough...) and shift your focus to what you appreciate about yourself and your life. Find the blessings of where you are right now, lay your head down on a beautiful bed of Gratitude and learn to transform your Self-Criticism with Self-Acceptance.