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A DIS-EASE CALLED COMPARISON



We just entered into this time of summer - a time of full blossoming and beauty. But there is a dis-ease among so many of us when our beauty is produced, and

that dis-ease is one of comparison. From the very beginning our mothers and fathers have told us how well other kids are doing. They'll say: "look how good Judy is doing and you are not doing well at all." From the very beginning our parents say to look at others. Comparing yourself with others can cause a great disturbance within yourself. It doesn't just harm your body, it unsettles your soul. We are all individuals and unique - so comparison is impossible. Your full beauty of summer and the blossoms you are, of varying colors and depth, have no comparison. **There is no comparison between a lily and a rose.**



What happens when you fall into this dis-ease of comparison is you become bitter or you become ego-istic. Whomever you compare yourself to - they are either better or not so good, so bitterness and ego are the result. If you understand your uniqueness, then you feel an immense gratitude to the Great Spirit. **The key is never to compare but to live in the exquisite power and joy of simply being yourself.** You are in a state of simply being. When acceptance of your creations becomes apparent, flowering happens. There is a deep acceptance of life. THAT is where I want your shaman stance to be - a beingness, a dignity of self-expression. **One just has to be oneself.**



Think deeply about how you compare yourself to others. Remember that "ego" (in this sense) means the idea that "I am separate." If you feel unsettled or negative, you are not experiencing the feeling that you are an individual who experiences your magnificent uniqueness in the world. **Try not to compare - then you are neither bigger or smaller, older or younger. You are simply you.**

Make a list of how you compare yourself to others. Go around the wheel and look at this from each direction: South (physical) - North (spirit) - West (emotions) - East (mind). This will help you complete your circle of wholeness.

I send you love and blessings, and gratefulness for your skill and compassion. With so much love and joy,

A handwritten signature in black ink, appearing to read "Suzanne".

FEATURED GRADUATE

I would like to introduce to you to one of my graduates from the Shaman Mystery School.

Suzanne Johnson

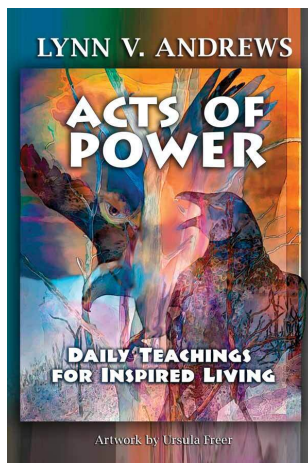


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With Host Lynn Andrews

On HealthyLife.net Internet Radio

July 27, 2021

Tuesday

9:00 – 10:00 a.m. (Pacific Time)

Lynn's guest: **Candice Covington**, *Vibrational Nutrition*

Listen Live or Later on the Podcast link below.

Kindred Spirit Radio Show



Candice Covington is a certified aromatherapist, massage therapist, healing arts master, and energy worker. A former instructor at Ashmead College and former aromatherapist for the Chopra Center, she is the founder of Divine Archetypes, an essential oil and flower essence company, and the author of *Essential Oils in Spiritual Practice*. She lives on a farmette in Oregon City, Oregon.

Her latest book is *Vibrational Nutrition: Understanding the Energetic Signature of Foods*

KINDRED SPIRITS

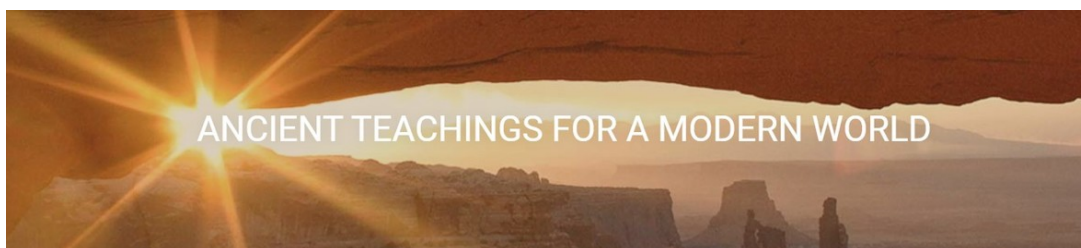
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