## Living Spring

Comparison 4/1o/94 Sunday Service

Do not compare yourself with anyone.

Do not compare your life situation with that of others.

Do not measure your experiences against those you see in other peoples lives.

Comparing yourself leads to judging yourself and others, judging your karma and the circumstances life has placed you in for growth and healing.

Comparing comes from the belief that life owes you something, comes from a feeling of lack and longing and from a strong desire to deny that which is presently in your life. It is born out of dissatisfaction and ingratitude.

Comparing yourself with others leads you away from self and selfs experinces. It also leads you away from feeling.

Comparing one person with another creates injustices and lovelessness.

Comparing in itself will only produce greed, jealousy, selfsatisfaction and arrogance, all leading to unnecessary suffering and a deep sense of seperateness.

- \* You have come to learn to love, therefore refrain from comparison.
- \* You have come to learn to know yourself, therefore refrain from comparison.
- \* You have come to find Me in you, therefore all comparison becomes obsolete.

Christa