

**SOUL LIGHT - Fifty Four**  
**COMPARISON BREEDS UNHAPPINESS**

We will always be unhappy if we compare ourselves against others.

This is simply because we are giving away our power to discern our worth.

Instead of simply accepting that we are unique and beautiful beings of Light and Love, we ask our Inner Critic for its perspective.

Some of us ask for its running judgement in relation to every area of our life.

How well we rate as a parent, partner, peer and friend.

How well we perform our work, our hobbies, our obligations and our challenges.

How well we look, sound, feel and think.

This Inner Critic will obligingly judge us continuously in all matters against all others.

Sometimes it will condemn us for "not being good enough".

At other times it will commend us for our efforts; but also caution us against 'resting on our laurels', wisely assuming that all things changeable change constantly.

Wisdom suggests we dismiss the Inner Critic - a Research arm of our ego - and place our reliance within the refuge of that which is Unchangeable.

This is our Soul-Heart.

Here, there is nothing and no-one to be compared with or against.

Only peace.

Only love.

Only happiness.

Try it for a week - send your Inner Critic on holidays.

Associate with the Divine Presence within you, your Soul-Heart.

Be free of comparisons for just one week.

Whenever a report arrives on your brain's desk from the Inner Critic, trash it, sight unseen.

Simply be who you are. A beautiful being of Light and Love.

This week may not bring you total happiness; but it may well show you a golden highway that leads toward it!

Love and blessings,

*Les*