

<b>The Ego</b>	<b>True Self</b>
Centred on competition and comparison	Centred on higher values of love, truth, creativity, collaboration and compassion
Is about 'I' and connected to material gains	Connected to source of awareness and seeks wellbeing universally
Feeling agitated, unbalanced, scattered, fractured, unloving, unloved, ungrateful	Feeling peace, focused, content, grateful, loving, loved, whole and balanced
Anxious and insecure about being left out	Separation does not exist therefore there is no need to feel anxious or insecure
Continually pursuing pleasure and distraction to feel fulfilled	Is fulfilled from within; sees life is about expanding one's consciousness and is content
What will people think?	I am at peace with myself, others and the planet.
Fearful or anxious about aging, disease and death	Understands these are a part of our existence
There's not enough to go around	There's enough to go around for everybody and I'm happy to help someone get their share

Thoughts	The Fix It: Affirmations*
<p>Competition and comparison are useful when serving the Self, e.g. in meeting standards, in achieving goals; but do not serve the Self when invoking envy and jealousy</p>	<p>"Bless your enemy, and you rob him of his ammunition."            But, there is an old saying: <i>No man is your enemy, no man is your friend, every man is your teacher.</i>            Bless those for whom you feel envious or jealous of, by saying over and over <b>"God bless &lt;name&gt;, wherever they may be."</b> Their path is their own and you have your own, known to your true Self.</p>
<p>Society requires us to consider material gains. Make sure this serves the true Self.</p>	<p>"Only that which is true of Higher Intelligence is true of me, for I and the Higher Intelligence are ONE"</p>
<p>It is human to feel emotions. We are happier when we express and attract love.</p>	<p>Divine Love now dissolves and dissipates every wrong condition in my mind, body and affairs. Divine Love is the most powerful chemical in the universe, and <i>dissolves everything</i> which is not of itself!</p>
<p>It is natural to want to belong. But feeling anxious and insecure separates us more.</p>	<p>As I am one with Higher Intelligence, I am one with my good, for the Higher Intelligence is both the <i>Giver</i> and the <i>Gift</i>. I cannot separate the Giver from the gift.</p>
<p>Your true Self knows there's a deeper meaning to life. Make pleasure and distraction seeking subservient to the Self</p>	<p>I now smash and demolish (by my spoken word) every untrue record in my subconscious mind. They shall return to the dust-heap of their native nothingness, for they came from my own vain imaginings. I now make my perfect records through the Higher Intelligence within - The records of <i>Health, Wealth, Love and perfect self-Expression.</i></p>
<p>Be free of this burden of others' perceptions.</p>	<p>I cast this burden on the Higher Intelligence within, and I go free!</p>
<p>Let the light shine of the Higher Intelligence</p>	<p>Divine Love floods my consciousness with health, and every cell in my body is filled with light.</p>
<p>Ask and you shall receive, seek and you shall find.</p>	<p>The Higher Intelligence is my unfailing supply, and large sums of money come to me quickly, under grace, in perfect ways.</p>

\* Affirmations from The Game of Life (and how to play it) by Florence Scovel Shinn. Scov