

Is comparison killing your joy?

Dear Yogi

I hope this finds you well and peaceful.

What does well and peaceful really mean?

A dear female friend contacted me the other day. I know this woman as a confident leader, a true follower of the beat of her own drum and a kind, strong clear-headed person.

On this day however, the external world had even gotten to her. She was temporarily lost in how many followers or likes *other* people in her field were receiving on Instagram. She is a beautiful woman with depth of soul, yet she had true distress and sorrow in her voice wondering how these other women in her field always looked so immaculate in these cell phone photos.

When we experience calm clarity within our minds and emotional self we feel peaceful and experience well-being.

When the opinions and actions of other humans do not have the power to tear us down, this peace becomes stable.

That is a tremendously tall order.

External factors face us all, whatever socio-economic status we have, whatever God we pray to, or whatever country we live in, the world around us can rob us of the joy and peace we work so hard everyday to achieve.

A dear male friend also contacted me the other day.

He is in his mid 40's. Reeling from the emotional and financial wreckage of life in the fast lane. He also has been struggling with addiction for several years. We talked about his sadness. The Sadness of comparison - other men his age have a family, a home and many forms of emotional and financial security.

He is starting over in life. Sober, yet like a college student, after bankruptcy and a long romantic relationship that had been battered within his choices.

Comparison, in all its forms, to a human that isn't *you* is the true thief of joy.

Are you competing in a sport with your direct competition on the court or on the track right next to you? This is the only time it is useful, and then, still you leave it on the court.

Comparison is a very sneaky joy thief, coming in through the smallest dark thought and destroying moments, days, weeks of our precious time here.

Progress, not perfection is the principle that will allow us to treat ourselves with the utmost kindness when *everything* around us is telling us that we aren't pretty enough, successful enough, clever enough or happy enough.

Have you made progress? You can enjoy this.

Have you sat back and let yourself be a piece of life?

Spend 10 minutes a day being a part of the great existence. Or more. It is a lovely feeling.

The pressure to be ever more perfect, brilliant, pretty, rich, is an unending habit we paint on our lives

that destroys our joy, peace, and contentment. That robs our moments, and darkens our days.

Nobody knows our very personal struggle. Nobody knows our chosen path to our own connection to the universe.

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Nobody posts their failures on Instagram. We all have failures and we all make the many mistakes that lead to them. They represent what makes us truly human and they can be our greatest teachers and best friends when used as tools to compare us...to *ourselves only*.

Love,

Rae.

*Upcoming Mountain Retreat - Attention please

We have registrations already for 10 rooms at our Kiental hotel. It is a boutique hotel and I want to have enough space to accommodate everyone coming, but it does take a lot of pre-planning and guessing to do this right(it's our first year so we are guessing a bit). It would be great to fill up the place with yogis! ~ Thank you

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