

RECOGNIZING EQUALITY

EQUALITY

is the perspective of loving parts of your personality. It is more than your actions or words—it is your orientation.

You are EQUAL when you are seeing others and yourself as souls.

When you are EQUAL you are:

- ▶ open to intuition
- ▶ fully present
- ▶ appreciative
- ▶ relaxed and comfortable
- ▶ sharing without pretense or second agenda
- ▶ laughing easily
- ▶ experiencing no separation

INEQUALITY

is the perspective of frightened parts of your personality. It is more than your actions or words—it is your orientation.

You are UNEQUAL when you are seeing others and yourself as personalities (and feeling inferior or superior)

INEQUALITY creates:

- ▶ loneliness
- ▶ emptiness
- ▶ separation from others
- ▶ inauthentic interactions
- ▶ second agendas
- ▶ judgments and blaming