

How to Stop Comparing Yourself with Others

3 MIN · YOUTUBE · [HTTPS://WWW.YOUTUBE.COM/WATCH?V=TQD1X5KRL-W](https://www.youtube.com/watch?v=TQD1X5KRL-W)
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SUMMARY

The speaker discusses the negative impact of comparing oneself to others, particularly in the context of feeling jealous when others succeed. They emphasize the importance of awareness and gratitude as tools to overcome these feelings, suggesting that sending blessings to those we envy can shift our mindset and attract positive outcomes.

- *Recognizing feelings of jealousy is the first step towards overcoming them.*
- *Jealousy is described as a low-frequency emotion that blocks positive experiences.*
- *Sending blessings to those we feel jealous of can help transform our mindset.*
- *Practicing gratitude by acknowledging personal blessings can counteract negative feelings.*
- *Visualizing desired outcomes with faith and purpose can lead to achieving goals.*
- *The speaker encourages counting personal advantages and being grateful for one's current situation.*
- *Acceptance of one's feelings is crucial for personal growth and improvement.*

[Music] uh I have noticed that I often compare myself uh to others especially after uh meeting or talking someone like um one of my biggest dream was to settle in abroad but it didn't happen when so now when I see someone doing well in overseas uh um I feel started to doubting myself uh thinking I'm still struggling while they are far ahead. I know this mindset is not uh actually right and it's not healthy. Uh but yet I uh find it difficult to uh end up awesome. Thank you so much Sanja. So what I like about this is you have the awareness which is great because if you know where what you're doing it becomes and when you accept that okay I'm doing this it becomes very easy to work on it. So understand one thing that jealousy this is something like jealousy you're feeling jealous that somebody else is doing bad >> the lowest frequency in the frequency chain.

So when you feel jealous you block things to come to you. So even if you have the right thought you're putting in the effort you're doing everything things will not come. So the minute you feel that okay I'm getting jealous because it's not something you're trying to feel it just happens right but when you get this awareness that okay I'm feeling jealous send a lot of blessing to that person and say I'm so happy you're doing well maybe you've done something you worked hard to get what you got and always say thank you for what you have and whatever you want you Hold it as a mental image like I shared today conscious subconscious mind and the universal mind whatever you want let's say living abroad I'm telling you it will happen 1,000% but when will it happen you cannot control how will it happen you cannot control but it will happen provided your thought is good you're holding that mental image with faith and with purpose it will happen.

So whenever you're feeling jealous or something of somebody, stop yourself, start sending a lot of blessings to that person and tell yourself these are 10 beautiful things that I have. So count the good things that you have. Let's say you know I'm so grateful that I'm in India because I get more support here or I'm so grateful that I'm in

India because it's easy for me to navigate here. I'm so grateful that I'm in India because I help for I have help for my child when I'm traveling. So count those 10 things that you have which nobody has because you're in India. I'm giving you this example because you spoke of this but just like this if it's happening for something else also you do the same. Send a lot of blessing to that person and love to yourself and gratitude to yourself.

[Music]