

## 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