

## Superior, Inferior, Equal

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Sit upright with your eyes open or closed. Feel that you are in your whole body. Find the space outside of your body. Experience that the space inside and outside of your body is the same, continuous space.

Picture someone from your life in front of you. Feel that the space that pervades your body also pervades your image of this person.

Imagine that you are superior to this person. Notice any changes that occur in your body as you do this. Notice any emotions, thoughts, beliefs or memories that occur as you do this.

Now dissolve those changes in your body, along with whatever occurred emotionally and mentally. Make deep contact with yourself.

Experience again that the space that pervades your body also pervades the image of this person.

Imagine that you are inferior to this person. Notice any changes that occur in your body as you do this. Notice any emotions, thoughts, beliefs or memories that occur as you do this.

Now dissolve those changes in your body, along with whatever occurred emotionally and mentally. Make deep contact with yourself.

Experience again that the space that pervades your body also pervades the image of this person.

Experience that you are equal with this person. Notice any changes that occur in your body as you do this. Notice any emotions, thoughts, beliefs or memories that occur as you do this.

Now dissolve the image of the person. Make deep contact with yourself.