



4-1 Review

To increase self-esteem, one must reduce the frequency of self-deprecation. People are very good at blaming themselves. We replay things in our brains over and over again that have traumatized us in the past.

Even when we think we have forgotten it, we remember it by chance and begin to regret it again. What a skill!

But I wish I could give up that.

When people feel depressed, there is always the phenomenon of comparison.

When you feel depressed, there must be some set pattern.

Analyze what triggers it for you.

Is it appearance?

Love?

Money?

Career?

Family?



You compare yourself to someone else because you feel a strong complex there. But why?



We all have our own criteria for "acceptance."

Let's think about a face.

A's "acceptance" criteria

Double-lashed eyes, long eyelashes, high nose, full lips.

B's "acceptance" criteria

Beautiful teeth, no spots or wrinkles, fair skin

C's "acceptance" criteria

Two eyes that can see well. A mouth that can speak in one's language.

A nose that can smell. Two ears that can hear sounds.

That is the standard of "acceptance" that people set for themselves.

If you do not reach this standard, you will feel complex.





Emotional Healing

As you lower your standard of "acceptance,"
you will no longer need to compare yourself with others.
You will begin to accept that you are great.
That's right. Train yourself to focus on "what you have."

You may be saying, "I don't want to compare, but I unconsciously compare. In that case, what you do after that is the key."

Unsatisfied people compare and find reasons **to be DEPRESSED**.
Those who are satisfied compare and find reasons **to be THANKFUL**.

Yes, it's all about focusing on "what you have."





And one more thing. You have to understand that the person you compare yourself too, may not be living in their own authenticity, they might also be comparing themselves to others.

Blind leading the Blind.

Only that person knows who she is. And that person does not understand her either.

No matter how much you envy them by comparing their wealth and good looks, they may be thinking about suicide daily.

It is not reasonable to judge a person for what

you see. No one has the right to judge you by comparison.

Since both of you have different bases, it is pointless to compare.





4-2 Review

Do you know why Tokyo Disneyland is the Kingdom of Dreams?
It is because, in that space, everyone knows how to find happiness.
Because they enter the park, focusing on "what they have."

"I got to ride many rides. Oh, I'm happy.

I ran into Mickey Mouse unexpectedly. Oh, I'm happy.

The food was lovely. Oh, I'm happy.

Great service from the crew. Oh, I'm happy.

I got a special pass for a ride. Oh, I'm happy.

I got some cute souvenirs. Oh, I'm happy.

I could share the excitement with my friends. Oh, I'm happy."



It's a series of happiness, and it is easy to find happiness.

Why are we dissatisfied in our daily lives and cannot find happiness
as easily as we can at Disneyland?



It is because you have a different mindset.

In the case of Disneyland, from the time you buy a ticket, you are thinking, "I wonder how much happiness I will find. I'm going to see a lot of happiness!" You are very enthusiastic about it.

But in your daily life, you are not thinking, "I'm going to find a lot of happiness!" You don't eat a meal, go to work, or take a bath thinking, "I will find a lot of happiness!"

The mindset is already different.

A Japanese comedian, Chihara Jr., spoke about his experiences on TV. Before the motorcycle accident that left his face a mess, his personality was unfriendly and negative about everything.

After the accident, he was in the restroom, and someone opened the door. His toe was pinched and broken. He smiled and said, "One or two toes like this is no big deal at all. Compared to the previous accident, I'm excellent."

He must have had a lot of training to focus on "what he has" between the accident and his recovery. People realize how important something is after they lose it.





Emotional Healing

Affirm everything that happens in your daily life.

Rephrase what you feel into something positive.

"The food was delicious. Oh, I'm happy.

I had a smooth bowel movement. Oh, I'm happy.

I was tired from a useless meeting, and the beer tasted great.

Oh, I'm happy.

I had an accident, I lost my leg, but I'm glad I'm still alive.

I still have my hands. Oh, I'm happy."

Even when facing problems, you intentionally focus on

"what you have."

Make your joys bigger and your sorrows smaller.

That discipline is what it means to live.

In that way, little by little, you build a foundation of reinforced concrete.

