

# HOW TO LET GO OF JEALOUSY AND ENVY

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We may have envy and jealousy without being aware of how entwined we are in their invisible webs. It seems natural, from birth, to be jealous when our mother's love and attention are directed to anyone other than ourselves. We become jealous of, and compare ourselves to our siblings and other children, and begin to judge who is better and who is worse – who is deserving of more love and attention, and who is not. We may be jealous of adults having all the say and power, and other people who seem to get more of what they want when they want it. This longing for love, attention, and possessions comes from a sense of need which is so intrinsic, and impossible to be filled from the outside, that it usually persists life-long, with no red flags. This is because we feel we appear weak if we admit our jealousy to others or ourselves. It often takes a lot of strength and self-honesty to finally admit we feel envious or jealous of someone. While we may mask or bury our jealousy, it often remains merely tolerated inside of us as an inescapable, unpleasant fact of life. If we only seek some form of outer solution to fix our jealousy or envy, we find it almost impossible to rid ourselves of these unpleasant feelings – someone is always there who appears to be better, have more, or be more lovable. The Tibetan Book of The Dead describes even after death, that some beings continue to keep trying to 'manifest' and fulfill more and more of their desires in the subtler worlds they enter – this is known as the 'Realm of the Jealous Gods.' If we wish an inner solution, however, the following process can be used to let go of jealousy and envy, and help us to feel 'good enough' now with who we are, and satisfied now with what we have.

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(Note: Always be sure to do this process out-loud, where no one will hear you.)

**Step 1:** Ask , on a 0-10 scale, "If 0 = the inner love & joy and lack of any competition, comparison, or jealousy in the relationship between a little boy and his favorite puppy, (Pause and visualize them), with \_\_\_\_\_ [my subject(s)] in front of me, and hands on each other's hearts, in the relationship between us, and feeling the emotional fields around us both, how much competition, jealousy, and lack of joy do we feel -- at our worst?"

Now, opening up, with full sensitivity and honesty, rate how you both feel in answer to this question = "X".

**Step 2:** Repeat the following sentence using this rating: "We're feeling a "X" level of competition, jealousy, and lack of joy in the relationship between us" ... "We're feeling a "X" level of competition, jealousy, and lack of joy in the relationship between us" ... etc.

Repeat over and over what you are feeling using this sentence ... *Periodically refresh the visualization of the subject(s) in front of you, fully acknowledging even the subtlest of your feelings in both the space between you and the emotional fields surrounding you both.. Continue repeating this sentence this until at least 60 to 90 seconds pass, or the level of competition, jealousy, & lack of joy that you both feel clearly diminishes.*

**Step 3:** Return to Step 1 and re-rate: *Continue with these steps until you're happy with how much your competition, jealousy, and un-joyfulness has been cleared away. After clearing down to a 'trace' level, you may finish the clearing process repeating, " We're still not feeling only the purity, love, and joy of the puppy and the little boy", over and over, until you feel fully loving, free, and joyful facing your subject.*

*... It may be helpful to remember this adage ...*

**"The competition, jealousy, and lack of joy we're willing to feel will heal...  
The competition, jealousy, and lack of joy we try to avoid will keep us annoyed!"**

## **A Spiritual Solution**

When we finally break through to feeling only love, light, innocence & joy, and no further jealousy, competition, comparison, or upset, we will see that we never had to ask ourselves or anyone to make even the slightest change in who we were or how we felt. Merely being fully present to, and allowing all of our feelings to be faced, felt, and thus released, was all that was necessary to reach the inner beauty and joy we now feel.

Most of us are seeking a worldly solution to our problems: we try changing ourselves or others; we try ignoring, numbing, or wearing masks in our relationships; or we try running away from (or avoiding) people who push our buttons, or cause us some degree of pain or upset. If we realize, instead, that relationships are a mirror for our own past wounds (our emotional buttons), we see that running away from, ignoring, or trying to make changes to another person results in only a temporary avoidance of our discomfort. Clearly, if we have a person who is a ‘mirror,’ reflecting and showing us our own past unhealed wounds in front of us, we know it won’t help to try to alter our ‘mirror’, change the lighting, or turn away from our reflection, since our wounds will still not be healed. Instead, someone else will mirror them again for us when they push our buttons.

By using this process to face people for whom we feel anger, hatred, or upset, we release our inner emotional wounds and pain, and our outer relationships completely change to reflect this -- breaking what otherwise might be long standing and recurring patterns in our lives with others. We thus realize a “spiritual” solution to the difficulties in our relationships: instead of trying to change or avoid others, we focus our work on our own inner-healing.

## **So How Can We Stay Free of Jealousy, Competition, & Envy**

We know life is likely to present us with challenges every day, so how can we stay feeling free of jealousy, competition, and envy in the midst of the other people and challenges which keep coming our way?

We take showers or baths every day to keep our bodies clean – even though we will surely get dirty again. We brush our teeth every day – even though they will probably be in need of a brushing after our next meal. Some of us do physical exercise regularly, despite so many forces – including ageing and even gravity itself -- which are constantly acting against us.

But what do we do for our daily mental peace? Regularly doing something to “clean” or clear the mind is important, in the face of so many forces in our day to day lives acting to disturb it.

This is something we have forgotten, because no one has to teach children how to regularly “clean” their minds in the face of whatever is disturbing them in life and their relationships. They innately know how to release their daily jealousy, competition, and envy by crying, throwing a tantrum, or expressing their upset feelings – after which, they quickly return to being light-hearted, free, loving, and joyful again.

We can definitely feel that way again as adults, finding our way back to regaining our youthful light-heartedness, love, joy, and glowing energy in our relationships if we take a few minutes time daily to do clearing practice

