

Jealousy and Envy

The ever perceptive Buddhists have a special dimension for the jealous, the titan realm. Jealousy, envy, resentment and arrogance depict titans. We have plenty but want what those with more have, an unattainable goal as others will always have more than us. We experience titans as arrogant bullies who feel superior to those we look down upon and treat as objects.

Constantly comparing ourselves to others, we feel we do not get the appreciation and advancements that the less deserving others receive. Thus, titans seek more attention and approval through achievement. Western culture grooms us to become jealous titans, always striving to have the recognition, advancement, and honor that others with higher status have.

At the root of envy and jealousy for the success of others we find a toxic shame for our deficiencies, of not being good enough to have what we see others having. Thus, we prove our worthiness to others through our ambitions and achievements. Titans willingly impose their will upon others and the situation to have their way. Within a highly hierarchically organized culture, we want others to see us as successful. To do that, we don't mind stepping on those we view as our inferiors.

On the path, some have toxic shame for unworthiness. We do not know how to interact harmoniously and in mutually beneficial way as we cannot tame our willingness to have our way. We compare ourselves to others on the path who seem to excel in loving-kindness, patience, and wisdom, envying their accomplishments. Hard as we try, we never stay with our breath or stop having negative thoughts. Outwardly, we may display a spiritual arrogance, that we know the sacred way more than others. Inwardly, we know differently.

Decentering on self-centeredness and recentering on the sacredness of life work to overcome feeling deficient. By cultivating our purpose to further life on Earth, we step out of the wrong view that we exist as an object among other object, each struggling to survive on its own. We live interdependently with all beings with the common needs of survival. Our willingness to share what we have grows stronger within a community of equals.

Instead of imposing our will upon others and competing with them, we compete against ourselves to become more compassionate or patient than we were yesterday. We learn the consequences of our behaviors not based on the approval of others but on how we have furthered life.

Transformation takes time and patience. We will often catch ourselves comparing ourselves with others or wanting to have our way, feeling jealous or unworthy before we finally learn our sacred equality and unity of life. The path spirals. Every time we catch our willingness to harm or compare ourselves with others, we return to the practice of removing those harms again. It doesn't matter how many times we go off the rails as long as we keep coming back. The returning transforms us.

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