On the Alchemy of Envy

Envy is only truly dangerous when it becomes destructive. Destructive envy is when you want something someone else has and you try to soothe that want by tearing down the other person or taking the thing from them by force. This energy keeps you in a place of lack and negativity. It destroys your connection with others and keeps you from moving forward on your own transformative journey.

When envy becomes chronic, it turns into "comparisonitis." This is a nasty, addicting, degenerative pattern of negativity. Instead of being in the here and now, in your own body, doing your own thing, you spend your time worried about what other people are doing, or what they are thinking about what you are doing.

Destructive envy and comparisonitis dim your brightness. They eat away at the energy that you could be using to move yourself forward. Destructive envy forces you to focus on someone or something else. If you tell yourself your unique way in the world isn't perfect, needed, or achievable, envy and comparisonitis can keep you from shining your light. The following passages examine three tools for negotiating envy.



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On Negotiating Envy

Uncover Your True Desire—
The first step to tap into the power of envy is to recognize that the feeling of envy means there is a hidden desire. When you call out to ask what the desire is, you can see how it's unique to you. Start out by asking yourself if you really want all of it. Say you are envious of someone's career. Do you want that person's whole routine, their commitments, their struggles, their family? You'll probably find that you only want some element of what they have, in your own life, on your own terms. Examine your envy closely until you understand what it is about what someone else has that you truly want.

~ I see what I desire ~

Celebrate Success—
When you are specific about what you desire, you are back on your own side of the street, and can watch the opposite go by on the other side without attachment. You can recognize the pieces of the desire that are your own, and appreciate the gifts you already have. From there, you can celebrate the success of the person you envy along with your own successes—you are on the same path, albeit at different stages. The fact that they have done something you'd like to do is proof that it can be done. From this energy of celebration, you can become more clear about aligning yourself to your own desires. You can see where you are and visualize the path between where you are now and where you desire to move closer to the kind of freedom, prosperity, exposure, etc. the object of your envy possesses.

~ Like that, but my way ~

Manifest Your Desire—
From this place of celebration and alignment, you will find yourself at the beginning of the manifestation process, tingling with the energy of clear intention and desire. As you continue to move forward in manifestation, celebrating the success of the people you envy and bolstering yourself to continue moving forward will keep the door open for opportunity, co-creation and collaboration. The alchemy of envy actually leaves you with a clearer understanding of yourself, where you are, and where you are headed.

And so it is. Yes. Thank You. More Please.

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