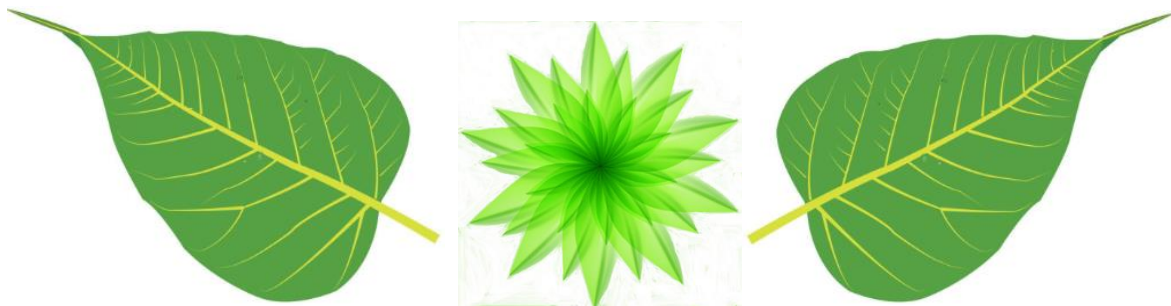


When others are  
so much better than me, it hurts.  
I feel jealous, envious, inadequate, unworthy.  
Notice the pain, and think: Do I really want to *be* the  
other person? How do I know their future is less painful?  
We each have our unique path; why crave for that of another?  
Think: I'm creating a bright future with the good karmas I am doing.  
Comparing ourselves with others only increases our pain, pride & ego.  
If others have it better, we feel pain; if they have it worse, we feel pride.  
Notice when **you're** comparing with others and remember **it's** just your ego.  
Why compare? **Why not** instead wish for all beings to **live their** very best lives?  
Everyone's own **past actions** are the cause of their **present fortune** & misfortune.  
So they are now **reaping** the rewards for the good deeds **they've** done in the past.  
And each of us are now creating the causes for our future fortunes and misfortunes.  
So, overcoming our envy and jealousy will bring us peace now and better luck ahead.  
How do I reduce jealousy and envy? Learn to have joy for others when they're happy.  
It's hard in a competitive world that conditions us to succeed at the expense of others.  
If others seem happy, then they seem to be the winners and so we must be the losers.  
We can undo **this** conditioning. Rather than seeing winners and **losers**, instead, see  
causes & **conditions**. Everything is a result of causes & conditions - **karmas** & events.  
Examine your **thoughts** when others are joyful. Why do we feel **joy** when our child  
is joyful? **Because** we identify with our child and feel our **interdependence**.  
Why not identify **with** and feel interdependence **with** other people?  
What thoughts **and feelings** **do you have** **that** prevent this?  
Practice rejoicing in the joy of people you love, and  
then of acquaintances, and then of strangers  
and then of people you don't like, to  
deepen altruistic joy.



*M. Lisa Buschmann*