

Day 12: Cultivating Compassion to Replace Envy



A Guide by
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Day 12: Cultivating Compassion to Replace Envy

Purpose: To understand how envy arises from comparison and competition, and to cultivate compassion as a remedy to foster kindness and appreciation for others.



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1. Understand the Concept of Envy (Comparison and Competition)

- **Action:** Envy arises when we compare ourselves to others and feel a sense of inadequacy or resentment for their success or possessions. It often stems from a sense of lack or a desire to have what others have.
- **Simple Explanation:** Envy = The feeling of jealousy or resentment when we perceive others as having something we lack, whether it's success, wealth, love, or recognition.
- **Example:**
 - "When a friend gets promoted at work, I feel envious because I've been working hard but haven't received the same recognition. This jealousy creates a sense of frustration and a belief that I deserve the same success."

2. Recognize Moments of Envy in Your Life

- **Action:** Reflect on moments when you felt envy or jealousy toward others.
- **Ask yourself:**
 - When did I compare myself to others and feel resentment or inadequacy?
 - What specific achievement or quality in another person made me feel envious?
- **Write down three specific moments from the past week where you felt envious.**
- **Examples:**
 - "I felt envious when a colleague got a promotion I thought I deserved, and I started comparing my performance to theirs, feeling resentful."
 - "I was envious of a friend's perfect vacation photos on social media, wishing I could afford the same luxurious trips."

- "When I saw a family member receiving praise for their achievements, I felt jealous because I believed I had worked just as hard but wasn't acknowledged in the same way."

3. Cultivate Compassion for Others

- **Action:** Instead of focusing on your own lack or comparing yourself to others, practice cultivating compassion for those you feel envious of.
- **Today, focus on these practices:**
 - Celebrate the success of others and be genuinely happy for them.
 - Offer kind words or encouragement to someone you admire.
 - Reflect on the qualities in others that inspire you, rather than focusing on what you don't have.

• **Example:** **AWAKEN YOUR SPIRITUAL ESSENCE**

- "When I felt envious of a friend's new car, I chose to express genuine happiness for them, congratulating them on their success and feeling joy for their achievement."

4. Set an Intention to Respond with Compassion

- **Action:** When you feel envy rising, pause and consciously choose to replace that emotion with compassion.
 - **For example:** If you start feeling envious of a colleague's success, consciously remind yourself that their success doesn't diminish your worth. Offer them genuine congratulations or take a moment to appreciate their efforts.
 - Recognize that compassion and appreciation for others can uplift both you and the people around you.
- **Example:**
 - "During a team meeting, when a colleague presented an idea I thought was better than mine, I consciously chose to appreciate their creativity and contributed my own thoughts with a spirit of collaboration, instead of feeling threatened."

5. Evening Reflection (Journaling)

- **Action:** Before ending your day, write down your reflections on how you practiced compassion and how it affected your feelings of envy. Here are some questions to guide your reflection:
- **How did it feel to practice compassion today?**
- **Example:** "It felt uplifting and freeing to be genuinely happy for others, especially when I congratulated a friend on their success instead of feeling jealous."
- **What moments of envy did you notice in yourself today?**
- **Example:** "I felt envious when a colleague received praise for a project I had worked on, and I realized I was comparing their success to my own."

- **How did you shift from envy to compassion in those moments?**

- **Example:** "I shifted by acknowledging their hard work and sending a message of congratulations, which helped me feel more connected and less resentful."

- **Did you feel any discomfort or freedom in practicing compassion?**

- **Example:** "At first, I felt uncomfortable because I wanted to feel validated, but as I focused on their success, I felt lighter and more peaceful."

- **What did you learn about yourself today regarding envy and compassion?**

- **Example:** "I learned that envy often comes from my own insecurities, but practicing compassion helps me to let go of comparison and fosters a sense of unity with others."

Guided by Bhagavad Gita Wisdom:

Krishna teaches that compassion is essential for spiritual growth. In the Bhagavad Gita (5.18), Krishna states that the wise see all beings equally, recognizing the divine in all. Compassion opens our hearts and enables us to transcend envy, as we rejoice in others' successes rather than feeling jealousy. Through compassion, we align with our higher nature and cultivate peaceful relationships.

Relevance:

By cultivating compassion, we replace envy with joy and gratitude, recognizing others as reflections of the divine, and this leads to spiritual fulfillment and harmony in our relationships.

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End of Day 12:

Summary:

- Today, you identified moments of envy and consciously replaced them with compassion.
- You learned that by focusing on the well-being and success of others, you can let go of resentment and foster a more positive mindset.



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