

Day 3: Identifying Greed (Fear of Lack and Excessive Want)



A Guide by
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Day 3: Identifying Greed (Fear of Lack and Excessive Want)

Purpose: To understand how greed stems from the fear of lack and an excessive desire for more, and begin the purification process by recognizing and addressing it.



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1. Understand the Concept of Greed

- **Action:** Greed is a desire for more than what we need, often driven by the fear of not having enough or a sense of insecurity.
- **Simple Explanation:** Greed = A compulsive craving to acquire or accumulate more than necessary, rooted in fear of scarcity.
- **Example:** A person might hoard money or possessions out of fear that they won't have enough in the future.

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2. Recognize the Link Between Greed and Fear of Lack

Action: Reflect on moments when you've felt a strong desire for something, even when you didn't need it.

- **Ask yourself:**

- Did I desire this because I felt I might not have enough?
- Was there any fear behind my desire for more?

- **Write down 3 situations in the past week when you felt greed or an excessive desire for something.**

- **Example:**

- "I bought more clothes than I needed because I was worried about not having enough variety, even though I already had plenty."

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3. Identify Areas of Excessive Want

Action: Reflect on areas in your life where you feel you want more than you need.

- **Ask yourself:**

- Is there an area of my life where I tend to accumulate more than necessary? (e.g., money, possessions, status, food, etc.)

- **Write down areas where greed or excessive desire may show up.**

- Example: "I feel the need to always buy the latest gadgets, even though my current ones are still functional."

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4. Observe Your Fear of Lack

- **Action:** Notice moments in the day when you feel a fear of not having enough.
 - Pay attention to situations where you feel insecure about your resources or future.
- **Write down any instance where this fear of lack triggered excessive wanting or greed.**
 - **Example:** "I felt anxious about my savings and wanted to buy extra insurance, even though I have enough for now."

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5. Set an Intention to Practice Contentment

- **Action:** For the next 12 hours, practice being mindful of any moment when you feel the urge to acquire more than necessary.
- **Pause and ask yourself:**
 - Do I really need this?
 - Am I seeking this out of a fear of lack or insecurity?
- **Try to replace this desire with gratitude for what you already have.**
 - **Example:** If you feel tempted to buy something unnecessary, pause, reflect, and instead focus on the value of what you already own.

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6. Evening Reflection (Journaling)

Action: Before ending your day, write down your reflections on the day's experiences with greed.

Here are some examples to guide you:

- **What moments made you feel the urge to acquire more than you need?**
- **Example:** "I noticed myself scrolling through online stores, looking at things I didn't need, simply because I felt a sense of emptiness."
- **Did you notice a connection between greed and the fear of lack or insecurity?**
- **Example:** "I realized my desire for a new car was tied to my fear of not being able to afford one later in life."

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- **Were you able to replace excessive desire with contentment or gratitude?**
- **Example:** "When I wanted more clothes, I stopped and reminded myself of how many I already have. I felt content with what I have."
- **How did it feel to let go of greed and focus on sufficiency?**
- **Example:** "I felt a sense of relief when I didn't give in to the desire for more. It felt peaceful to be content with enough."
- **What is your takeaway about how greed is connected to fear of lack?**
- **Example:** "I learned that greed is often rooted in insecurity, and when I feel secure, I don't feel the need to constantly accumulate more."

Guided by Bhagavad Gita Wisdom:

Greed stems from a sense of internal lack and the fear of not having enough. Krishna warns against attachment to material things in the Bhagavad Gita (16.13-15), explaining that greed, selfish desires, and attachment lead to misery and spiritual downfall. Such desires cloud the mind and create suffering.

Relevance:

Recognizing the root of greed allows us to overcome it by shifting our focus to contentment and the abundance in the present moment. This practice fosters inner peace and spiritual clarity.

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End of Day 3:

Summary:

- Today, we have recognized how greed arises from the fear of lack and began the process of purifying this feeling by practicing contentment and gratitude.
- We reflected on moments of excessive desire and started to detach from the mindset of scarcity. This is a key step in the purification process.



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