

# Day 5: Acknowledging Envy (Comparison and Competition)



A Guide by  
Shree's Essencia

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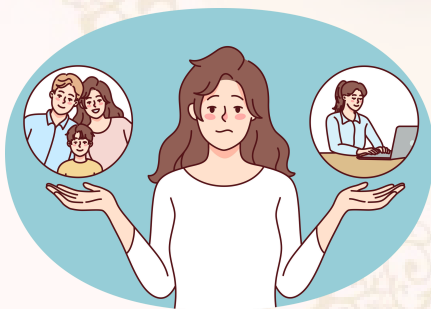
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# Day 5: Acknowledging Envy (Comparison and Competition)

**Purpose:** To recognize how envy arises from comparison and competition with others, and begin the purification process by cultivating gratitude and contentment.



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

- **Action:** Envy is a feeling of discontent or resentment caused by someone else's success or possessions. It arises when we compare ourselves to others and feel inferior or deprived.
- **Simple Explanation:** Envy = When we feel unhappy because someone else has something we want, or we compare ourselves unfavorably to others.
- **Example:** "I felt envious when a colleague received a promotion I was hoping for. Instead of celebrating their success, I became frustrated that I wasn't in their position."

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## 2. Identify Situations When You Feel Envy

**Action:** Reflect on times in the past week when you've felt envious of others.

- **Ask yourself:**
  - What do I often compare myself to?
  - In what situations do I feel like I am lacking because of someone else's success?

- **Write down 3 situations in the past week where you felt envy or resentment.**

- **Example:**

1. I felt envious when my friend bought a new car and I felt like I could never afford it.
2. When a colleague got promoted, I felt resentful because I had been working hard but didn't receive the same recognition.
3. I envied a friend's ability to stay focused and productive, while I struggled with distractions and self-doubt.

### 3. Recognize the Root Cause of Your Envy

**Action:** Reflect on what was lacking or unfulfilled in each of the situations you listed.

- **Ask yourself:**

- What was I hoping for or expecting in this situation?
- Why did I feel envious rather than happy for the other person?

- **Note:** Envy often stems from feelings of inadequacy, lack of self-worth, or a desire for external validation.

- **Example:** "When my colleague got promoted, I felt envious because I wanted that recognition too. I realized that I was seeking validation for my own worth through external achievements."

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## 4. Observe Your Feelings of Envy Throughout the Day

**Action:** For the next 12 hours, pay attention to any feelings of envy, comparison, or competition.

- Notice when you compare yourself to others or feel resentful about their success.
- **Pause and ask:**
  - Is this envy arising from comparison?
  - Am I measuring my worth by what others have or achieve?
- **Write down any moments of envy you experience during the day and reflect on their cause.**
- **Example:** "Today, I felt envious of a classmate who scored higher than me on a test. I realized I was comparing my abilities to theirs, instead of focusing on my own progress."

## 5. Set an Intention to Cultivate Gratitude and Contentment

**Action:** Choose one situation from the day where you felt envious and set the intention to respond with gratitude and contentment next time.

- Instead of feeling resentful, practice appreciating what you have and celebrating others' success.
- **Example:**
  - "Next time I feel envious, I will remind myself of my own strengths and be happy for the other person's success. I'll shift my focus to what I am grateful for in my own life."

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## 6. Evening Reflection (Journaling)

**Action:** Before ending your day, reflect on your experience with envy and comparison. Here are some examples to guide you:

- **How did it feel when you identified the source of your envy?**
- **Example:** "I realized that much of my envy was rooted in my own feelings of inadequacy. Understanding this made the envy feel less intense."
- **Were you able to identify moments of comparison that triggered envy?**
- **Example:** "I noticed that when I compared my career progress to others, I felt envious. Once I stopped comparing, the envy lessened."

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- **How did your reactions to envy change after becoming aware?**
- **Example:** "When I recognized my envy, I took a moment to appreciate what I've achieved and reminded myself that my journey is unique."
- **Did you feel any sense of freedom by letting go of envy?**
- **Example:** "Yes, when I stopped focusing on others, I felt more peaceful and content with my own life. It was freeing to not be constantly measuring myself against others."
- **What is your takeaway about how comparison fuels envy?**
- **Example:** "I learned that comparison only breeds discontent. Focusing on my own growth and practicing gratitude helps me overcome feelings of envy."

## **Guided by Bhagavad Gita Wisdom:**

Envy arises from comparing ourselves to others, often driven by jealousy and competition. In Bhagavad Gita 16.18, Krishna explains that such negative emotions, including envy and jealousy, lead to suffering, clouded judgment, and delusion, which prevent us from recognizing our own strengths and divine purpose. These emotions can bind us to the material world, hindering our spiritual progress.

### **Relevance:**

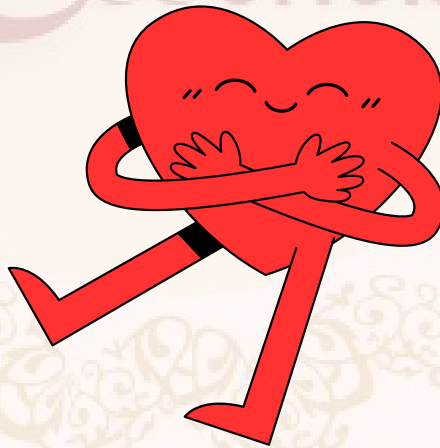
Recognizing envy helps us let go of unhealthy competition and comparison. By embracing our unique path, we can cultivate inner peace and contentment, focusing on our spiritual growth instead of worldly comparison.

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## End of Day 5

### Summary:

- Today, you acknowledged how envy arises from comparison and competition.
- You practiced shifting your focus from others' achievements to your own growth, and cultivated gratitude and contentment. This is an important step in purifying your mind and fostering peace within yourself.



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*Thank you!*

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