

Have you ever experienced feeling someone's genuine joy for your own happiness? If you have, then you know how refreshing and energizing that is. That good energy is infectious. Yet we don't always take advantage of that and reciprocate or pass it along. We get too caught up in competitiveness.

A while back, I came across this exercise which helps me to immediately eliminate any inclination I may have to overcompensate or let the green-eyed monster that jealousy is to take hold. Want to try it?

Place your hand over your heart and say: "May I be safe, may I be healthy, may I be happy, may I be free from suffering." Then replace "I" with someone you care about; then with someone you feel neutral about or someone you find challenging; and eventually with all beings.

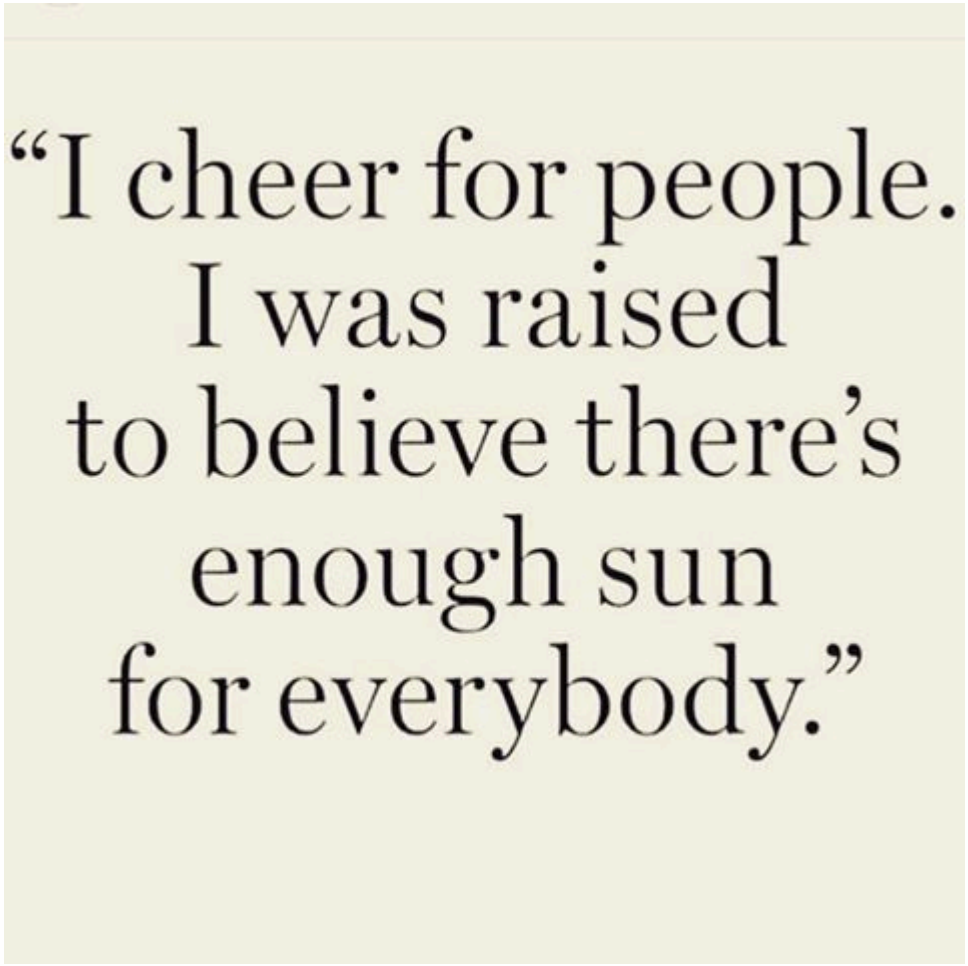
Jealousy is evil. Gratitude for what you have and genuine happiness for the blessings of others is the antidote. So thankful for those in my life who laugh when I laugh and mourn when I mourn.

What are you thankful for today?

Until next Thursday's post…si Dios quiere.

"Rejoice with those who rejoice; mourn with those who mourn."
-Romans 12:15

"One of the sanest, surest, and most generous joys of life
comes from being happy over the good fortune of others."
-A. Rutledge



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