



TWO WOLVES

One evening, an elderly Cherokee brave told his grandson about a battle that goes on inside people.

“My dear one, the battle between two ‘wolves’ is inside us all. One is evil. It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority and ego.

The other is good. It is: joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith.”

The grandson thought about it for a moment and then asked his grandfather: “Which wolf wins?”

The old Cherokee replied, “The one you feed.”

ENVY

en·vy — *a feeling of discontented or resentful longing aroused by someone else's possessions, qualities, or luck.*

In the book **ENVY: A THEORY OF SOCIAL BEHAVIOR** by Helmut Schoeck, he defines envy as “a drive which lies at the core of man’s life as a social being...[an] urge to compare oneself invidiously with others.” Denying the egalitarian dogma that envy is spawned by circumstance and can be cured by removing socioeconomic inequalities, he maintains, less flatteringly but far more believably, that envy is inherent in our nature, citing such compelling evidence as sibling rivalry among small children.

CONSEQUENCES OF ENVY

- Envy convinces you that you’re competing with another person, and when you lose that competition, you feel worthless.

- Envy exposes your deepest desires and causes you to want what another person has and to want that other person not to have it, because that advantage the other person has, that possession or money or skill or character quality or whatever it is, exposes what you really want.

- For example – If you value money above everything else, you will envy those who have more of it than you do and you will rejoice when it is taken away from them. Or, someone is getting the love and acclaim that you want for yourself. They are popular and receiving recognition but you are happy when someone gossiped about them or when something happens that would call their popularity into question.

- When you feed Envy, you see those things that you desire and you see that you have lost the competition you've created in your mind, you begin to take action. You determine in your mind that you have less than you deserve, you're owed more and those who have wealth and advantages and opportunities are not any more deserving than you are.

- When you feed Envy, you experience sorrow in another person's joy and joy in another person's sorrow. You mourn the good the other person experiences and find joy in their pain. What you cannot enjoy for yourself, you believe that no one should be able to enjoy. When you are consumed by Envy, when you are losing that competition you've created, the way you respond is then to try to bring the other person down. You cannot get to his level, so you try to destroy him and bring him down to yours.

- Envy never brings any satisfaction. When you feed Envy and allow it to constantly influence you, you cannot enjoy anything in itself because you can only see what you have and what you are in comparison to someone else – you can never be joyful, because everything the other person has calls you to question yourself.

The Antidote

The antidote for envy is gratitude! Look at the good things you have and be thankful for them. Don't think of yourself as deprived and the other person as undeservedly gifted. If you tend to think of yourself as deprived, stop and question that thought. Do you not have what you need to flourish? You do have what you need – it's time to take action!

The Art of Emotional Composure

When the evil emotion of envy is taking over – the answer to stopping it in its tracks is truly at your fingertips! Refer to the BASIC POWER TAPPING WORKBOOK and follow the proven system to own the tool of Emotional Composure. You are in control of the evil emotion of envy – stop it from controlling you and stealing your happiness!

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