

Understanding Jealousy

Striving for fairness...

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JEALOUSY

When we understand what jealousy supports us with in relationship, we can finally come to terms with recognizing fairness in our lives.

Striving for Fairness...

Jealousy gifts us with pointing toward an injustice that has occurred. When you feel jealousy... you then look for what is Not fair. If you can recognize what isn't fair or just, then you can begin course correcting.

You can use jealousy to indicate what you would like to create in your life. What is it that you notice others having that you would like to manifest having?

Jealousy gifts us by helping us get really clear on what we think we deserve and yet may not feel worthy enough to have.



Jealousy In Relationship:

Jealousy in relationship is tied directly to self-esteem, confidence and fulfillment of the self.

Are you experiencing something outside of yourself instead of recognizing that you have all that you need within? Jealousy indicates something is lacking in your life... there is a sense of not enough or loss.

Track where in your life you may have experienced not enough... I am not enough... this life is not enough or where others have projected that you are "not enough" for them, a specific project or in life.

ASK: Has some contract/agreement been betrayed? What must be healed and restored within?

