Jealousy - a Childish Emotion - 15 Mar 10

Vrindavan, India **15th March 2010**

Today our friend Jennifer from the US arrived at the Ashram, too. When we have visitors like these days, it is always nice to see how open Suraj, Kanu and their smallest brother Chhotu are to people they don't know. They are not at all shy but immediately approach them and you can see just how innocent children are. When I watched the kids today I saw how Suraj was sitting on Purnendu's lap and the other two came and also wanted to sit. But they all wanted to sit alone on his lap, being jealous of the two others whenever they got the chance.

I thought a little bit about jealousy and I have to say that it is, too, just a natural emotion. However when an adult behaves in this way, it is childish. It is natural for adults, too, it is normal that this feeling comes up from time to time. If you feel jealous, allow it. If you struggle or fight with it, it will irritate you more. You can be jealous, but realize that it is not a grown-up emotion. So when you realize your feeling, accept it and let it go again. If there was a justified reason for it, express it. If it was not, express it to yourself and then let it go. There is no sense in being upset about the fact that you have this feeling.

Emotions