

Going Beyond

# Jealousy

by Paul Lowe



*“For most people, life is lived according to the conditioning imposed upon them by institutions such as the family, religion, society, etc. They have incorporated rules and morals to such an extent that their conditioning seems like their own innermost truth. The idea of coupling and monogamy, for example, are extremely important concepts within our society, ones that we live by as if they were a natural law rather than ‘just’ a social construct.”*

Jealousy is ‘natural’ to humans. It is rarely transcended, although it is perfectly possible to go beyond it. Jealousy occurs on the survival level — the level into which we are born and educated. This is the animal level, where creatures, human and otherwise, fight for their mate. You can see it on National Geographic or down at the local pub. Me first, spouse next, then family, religion, state, and country. Roughly that’s the order.

Religion tells us to rise above our jealousy, yet offers no example or practical guidance to achieve this; in fact some religions say that god is a jealous god! Religion actually demonstrates jealousy in demanding allegiance to a single religion and punishing those that stray. Therapy says, ‘work on it, understand it,’ yet it is unusual to find a therapist whose understanding has taken them beyond jealousy. Spirituality says transcend, but rarely do you meet a spiritual seeker who is free of jealousy.

Going beyond jealousy can happen — to you. It is attainable. Our potential as human beings is to go beyond the animal level. The way is simple, yet not easy. We do not have many examples of those who have succeeded in freeing themselves of jealousy. It may be one of the most difficult human conditions to transcend. And you - the one reading this - can do it. If you want it enough.

**Until you have gone beyond jealousy, you are never free.**

Until you have gone beyond jealousy, you are never free, never beyond fear. Fear is always there: even on your honeymoon with your beloved even in your cave, alone, in the mountains. You are always in fear of losing what is precious to you. You are always in bondage. The sensation of being free is beyond description. It is “the peace that passeth all understanding.” It is well worth investigating.

Finding someone who is beyond jealousy, at least as an example, if not a teacher, is a good start. There aren’t many who are genuinely beyond jealousy. I know just a few who are at this exulted (and ordinary) state, and many more who are well on the way. No need to be discouraged, for you can do it on your own. It is always easier to have sympathetic support, to see that it is possible. But if you cannot find a living example, take the idea as a hypothesis, an experiment. Try it.

Here is what you can do. First, remember that it is very simple, and not so easy. All your instincts and training go against the idea that you can live beyond the experience of jealousy. We are told jealousy is natural. It is only natural on lower levels of consciousness. Our invitation is to go beyond this and develop our full potential as human beings. The basic animal level is ‘fight or

beyond this and develop our full potential as human beings. The basic animal level is 'fight or flight.' The higher human level is unconditional love, of all and everything.

The way out of jealousy is through it, into it. In order to go beyond it, you have to experience the very depths of this excruciatingly painful condition. Most people have not even glimpsed the agonizing depths of this state. At the first onslaught of this painful experience they contract, get angry, blame, become a victim, or become helpless — or all of the above.

To go beyond, you have to go into. You have to deeply experience the whole spectrum of this

state. Do not go to the past, or the future, simply be with this very moment, just as it is. Do this enough times and one day there is a pop, and you are free. Sensations may still linger in the body, the mind, the emotions, but the essential 'you' will be free. I promise!

There are no shortcuts, although there are some ways that are quicker and some ways that take longer, much longer.

If you want to be free, of jealousy and all other restrictions, you have to face life just as it is, unconditionally, in each moment — without taking it seriously.

Love encouragement to you... paul



### **A few hypotheses for you to contemplate:**

- You do not own your wife, husband, family, or your land — not even yourself.
- There are no such states as secure, safe or predictable. These states are illusions. We created them in our attempts to feel secure.
- You are here to experience life, not to understand it. No one understands it. Welcome all experiences.
- Life is wonderful, if accepted unconditionally. Resistance brings us pain.
- We are always getting what we need and not always what we want.
- Life is not intended to be serious. Think of the Giraffe.

