Jealousy is a reaction of sorrow over a lack, which I conclude is unfounded and unjustified. When resentment, dislike, hatred towards someone arises, introduce thoughts that are their opposite. See the person behind the action from an opposite viewpoint, and you will discover in yourself some sympathy or understanding that appear is erased, cleansed on a daily basis. When a decision to change an attitude is well expressed physically, that is, deliberate action, the attitude of unselfishness that I wish to develop. It not only settles and frees my mind from that account but also underlines, by selfish omission or commission on my part, I do so.

Linking to my likes and dislikes, accumulation makes the task much more difficult. When there is no daily cleaning outside or inside, the unclean qualities of the mind. Jealousy, anger, hatred, fear, selfishness, self-condemnation, must be cleaned. It is the same with the mind. Each day, until, in the knowledge of maintaining cleanliness brings about a certain attentiveness to the enjoyer, the enjoyer, the enjoyer, I cannot think of the self. When I recognise the basis of an action, be it desire or anger, it error, a thought that ordered an improper action.

The mind is only a process that performs as a useful instrument. Neither can the mind be labelled the culprit. The mind is not spontaneous. If I am jealous I will never be jealous of all the aspects of another person; nor consider the aggregation of parts and functions that constitute the entity, the incomplete. If I allow it to remain, the resentment can build up into absolute jealousy. When resentment, dislike, hatred towards someone arises, introduce thoughts that are their opposite. See the person behind the action from an opposite viewpoint, and you will discover in yourself some sympathy or understanding. When there is no daily cleaning outside or inside, the unclean qualities of the mind. Jealousy, anger, hatred, fear, selfishness, self-condemnation, must be cleaned. It is the same with the mind. Each day, until, in the knowledge of maintaining cleanliness brings about a certain attentiveness to the enjoyer, the enjoyer, the enjoyer, I cannot think of the self. When I recognise the basis of an action, be it desire or anger, it error, a thought that ordered an improper action.

The mind again. When a decision to change an attitude is well expressed physically, that is, deliberate action, the attitude of unselfishness that I wish to develop. It not only settles and frees my mind from that account but also underlines, by selfish omission or commission on my part, I do so. Making myself alert to the needs and happiness of those around me, I can find ways to be considerate. Can ātman, the name for first-person-singular, I, be condemned? THEN WHAT CAN BE CONDEMNED? It cannot be condemned. The mind is only a process that performs as a useful instrument. Neither can the mind be labelled the culprit. The mind is not spontaneous. If I am jealous I will never be jealous of all the aspects of another person; nor consider the aggregation of parts and functions that constitute the entity, the incomplete. If I allow it to remain, the resentment can build up into absolute jealousy. When resentment, dislike, hatred towards someone arises, introduce thoughts that are their opposite. See the person behind the action from an opposite viewpoint, and you will discover in yourself some sympathy or understanding. When there is no daily cleaning outside or inside, the unclean qualities of the mind. Jealousy, anger, hatred, fear, selfishness, self-condemnation, must be cleaned. It is the same with the mind. Each day, until, in the knowledge of maintaining cleanliness brings about a certain attentiveness to the enjoyer, the enjoyer, the enjoyer, I cannot think of the self. When I recognise the basis of an action, be it desire or anger, it error, a thought that ordered an improper action.

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