

Jealous of the Moon: How the anguish of jealousy gets in the way of reality.

Jealousy of any kind, whether it be possessive, to do with money and power, sexual jealousy, jealousy about a loved-one being the focus of another's attention, or even jealousy of another person's skills or the form they take are all deeply powerful energetic expressions that rule many people's lives.

So what is jealousy? The nature of jealousy at root, as with all problems associated with the human has to do with the felt sense of "being separate", forming the "me" or "self". This originates in early childhood and forms the foundation of all other "emotions" which essentially come about when natural energetic shifts are "taken personally" and owned or "attached" to. The "self" is a body of contracted energy which filters the sensory experience of the human. It gets in between the natural-reality and the human through this contracted energetic exo-skeleton or armouring which is an angst, a feeling of being broken-away from everything, which is an hallucination of the senses. There is a constant longing for a return to the root, as Masanobu Fukuoka explains perfectly in his brilliant "[One straw Revolution](#)":-

"To the extent the people separate themselves from nature, they spin further and further from Centre. At the same time, a centripetal effect asserts itself and the desire to return to nature arises."

Of course Masanobu isn't blaming anyone for this, he is describing the phenomenon, which is intrinsic within every aspect of the human condition, of which the symptom that is jealousy is one. The nature of jealousy is about the want for something or someone to act in correspondence with the "self", i.e. the "self" feels afraid and insecure, it has a desire for protection and assurance and feels it needs these in order to survive in a world of seeming separateness. However when this does not arise and it is perceived that the object of the desire is moving in a counter direction, possibly towards another person, then there is the intense frustration and angst of feeling which is a mix of anger and disappointment, that burrows deep into the stomach and chest.

The nature of all dis-ease, which is another term for suffering, is mental-emotional. This corresponds with mind to body (yang to yin), just as the nature of cure is body to mind (yin to yang). The disease is opposite to the cure. Pain is a natural occurrence, suffering is the ownership of any pain by the contraction we call "self". Energetically the origin of disease is based in the brain but extends to the rest of the body, it is a contraction, which starts above and then goes below. This is often why modern humans believe cure is to be found in the head, the dis-ease process focuses everything on the head. Actually the "cure" is the place the dis-ease is not or is less, the place where the head is *drawing energy from* and this is always in the lower body and legs.

For men the dis-ease process is often less associated in the emotional and more in the mental, because physiologically men's natural energy tends to rise more easily into the head but of course there are degrees of this. The opposite is true of the female, often there is a lot more emotional bodily suffering than mental suffering or a combination of bodily and mental suffering. This shows that the female is by nature more in touch energetically with the body and the male primarily with the head. Always the mental-emotions are one, as the body-mind is one, so there is always

emotion with mental suffering and always mental-suffering with emotion, but the extent of these depends on the region of the body where the energy tends to accumulate. For men this is more up and secondarily down, for women it's more down and secondarily up.

Therefore because jealousy is such an emotional and less mental dis-ease expression it tends to be more of a female expression than a male, although by no means is this always the case. Also being physically and body orientated, it is most significantly expressed in relation to sexual jealousy which is the most body-orientated jealousy. For men this can be expressed in the form of a large amount of paranoid thinking which is based in jealousy and anxiety and more upper. However, female sexual jealousy is very deeply experienced in the body and is often very instantaneous and very aggressive in its expression or deeply damaging to the inner body if it goes inwards.

While the mental expression of dis-ease can be reasoned with, emotions have no reason or are beyond reason, they are visual and require calm-touch to calm and re-connect or to physically sense non-separation. While more mental expressions can be resolved by talking something through cathartically, emotions like jealousy can sometimes only be resolved through physical touch. The more emotionally-based a person is, the more physical touch they may require to therapeutically balance and calm acute situations. This is the case no matter what the emotion. Of course the male/ female expression is a huge generalization, there can be many men who experience emotions and many women who experience very little. This has much to do with the nature of the person constitutionally as well as the various specifics of the "self" and its programmed behavioural expression.

Jealousy is never really about what is outside of "self". There is no natural reality to jealousy other than being a part of the spectrum of the dis-ease state of "self". There is no animal in nature that experiences jealousy and so Nickel Creek's brilliant song "Jealous of the Moon" is an interesting example because it highlights the ridiculous extent that jealousy can go to, to be jealous of the moon for being able to seemingly fly!

The nature of jealousy is a losing touch with the world and senses, and a contraction into an idealized world-view of "how I need things to be in order for me to be okay". This is a dream-like expression of an idealism of how things "ought to be". Rules and structures are created within this illusion that can sometimes be about societal norms, because within the trappings of "self", everyone has the same fears and society is built around these. This gives the jealous world-view validity in society as though it should be part of everyday experience. It is even a concern in a relationship if a person *isn't* jealous of his/ her boyfriend/ girlfriend closely socializing with a member of the opposite sex, there can be a "telling-off" for *not* being jealous as well as for being "too jealous" because then "personal freedom" is being impinged upon. Jealousy seems like a tight-rope upon which people are walking, neither too much nor too little will do. But this is all utter illusion.

In the natural reality the movement of animals towards and away from one another is completely accepted. Everything is accepted. While there may be rival males fighting over females to mate with, this has nothing to do with either anger or jealousy but is a

natural function of yang energy expressing itself and expanding its potential, neither is it anything to do with power, control or competition, for there is no “self” involved for this to occur.

The problem of jealousy always occurs at the level of the “self”, never in the action or actions of what’s going on externally. In German there is a phrase for this:-

“Eifersucht ist eine Leidenschaft, die mit eifer sucht, was leiden schafft.”

In English this is roughly translated:-

“Jealousy is a passion that seeks with zeal, which creates suffering.”

Jealousy is a powerful energy that has a kind of spring-board forcing what is going on to fit with the picture that is formed within, in order to alleviate “me being separate”. But in its passion it forms ever greater suffering, because the jealous energy finds that its rage for forcibly controlling or attacking often leads to furthering a sense of separateness or simply sufferance.

The above is not about pointing out ways of stopping jealousy or suggesting solutions to it, for jealousy is all about the nature of the human-condition which in itself is born from nature so nature resolves it naturally. The point of interest is that when there is no formation of the “ideal” within the day-dream (or day-mare!) of life and there is more natural interest in what is going on in the senses on a moment-to-moment basis, then the formation of jealousy simply does not occur. The reason is that there is inevitably a realization that there is no-one at the centre of these sensory experiences, they are simply life happening for no reason. Life doesn’t have to have a reason or a purpose, it is simply occurring without this and is happening for no-one as exquisitely expressed by Tony Parsons (see <http://www.theopensecret.com>).

The “right” to be jealous based on the rules and regulations of societal format is very much akin to Masanobu Fukuoka’s expression of the scientist:

“He pores over books night and day, straining his eyes and becoming near-sighted, and if you wonder what on earth he has been working on all that time - it is to become the inventor of the eyeglasses to correct near-sightedness.”

Societal rules, regulations and belief systems must not be the foundation of how we experience the world, otherwise we will be working within a box of near-sightedness, the things we are “supposed to be jealous of” may in fact be nothing more than nature expressing itself and humans behaving naturally. What society suggests is normal is actually most often abnormal, as illustrated recently with the Higgs Boson experiment. It is amazing how over a hundred countries have involved themselves in a project which has come to the conclusion that there is a particle that comes in and out of existence at the same time! It is both nothing and everything together, a conundrum which will keep the scientist awake all night, no doubt jealous of the moon for “knowing without thinking”. Just because something has been done for many years and continues to be propelled, doesn’t mean it is the big picture, it’s often nearsightedness.

The nature of jealousy is always the symptom of a split with reality, a move from the formed seeming security of the world of “self” within to the reality of nature happening without the same rules and contraction as experienced in the “self” perception of things. While the natural world moves freely, the inner mechanism of jealousy works on ideologies that also form other pathological expressions such as idealism and altruism and fascism, all of which are about trying to control and provide the “self” with what it believes it needs to be secure and “alive”. Yet at the root of this process lurks the truth that no matter what is tried “I will never be able to get what I want”. The jealousy ends with a deep depression and even an internal bitterness/jadedness that the world is “against me” and there is no way out. And this is true...for the “self”, because in fact the “self” is within its own prison, it will always be jealous, or if not jealous it will form another emotion that is about the dissonance of reality versus what it “wants”.

So as “self” fades away, which it does naturally as there becomes more and more of a spontaneous interest in the senses and what’s happening presently, the contraction of “me” lets go. Gradually there is less of a requirement to hold on, slowly it becomes clear that nature is running the show, that it isn’t about what “I” want but more about simply what is happening “through me”. So life is happening “through” “us” it’s not something that is chosen, bought and sold or bartered for; “self” and the process of jealousy is a transactional affair, a kind of business deal of “I’ll behave like this if you behave like that”. But nature doesn't work in these kinds of patterns, there is a freedom that is far beyond this.

Jealousy dies with interest in what is *really* happening. Even if one’s worst nightmares were to come true, such as one is being “cheated on” or that person has got the job and not you, then what? What is actually happening in that moment at that time... the room is still, the floor is carpeted, the flowers on the window-sill are blooming, there is a smell of washing liquid... all this is happening, the senses are still functioning, all this is still going on, yet the power of the emotions can render all of this “irrelevant”. This is not about being “mindful”, it is just a description of what goes on. However, like all other emotional patterns jealousy goes on and on and on until it reaches a crescendo at the end of the line, it burns itself out to a point sometimes to a point of exhaustion for people, in the end none of the attempts to control or to push could achieve what was believed to be necessary. Then what’s left is simply what was always there underneath all of this: life happening freely.

The energy of jealousy, like any other emotion, can be the force which breaks through to the clarity that “I” am never in control and that in fact beneath society’s tenets of moralism and dictatorship, there is constantly the child-like nature, the nature of nature which simply explores without intention. There is a point at which the moon no longer is separate, and as such there is no-one to be jealous anymore.

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