



Feeling Jealous

Jealousy is a common human feeling and usually stems from a place of lack in our own lives.

Jealousy is one of the toughest feelings we come up against in our lives. There is not much worse than this aching sense that somehow life has been unfair to us, while amply rewarding someone else. It's even worse if that someone else is present in our daily lives, making it difficult for us to get the space we need to feel and heal our pain. We may be jealous of a sibling, a dear friend, or even famous personalities. We may even face the challenge of feeling jealous of our spouse, our child, or one of our parents. Whatever the case, we can normalize our experience by understanding that, as painful as it is, jealousy is a common human feeling.

Nevertheless, it is important that we not revel in our jealousy for too long, feeding it with inner talk or gossip with others. If we do, we run the risk of losing ourselves to its negative power. Jealousy has something good to offer us, though, and that is information about our

own heart's desire. When we are jealous of certain people, we want what they have, and if we are to be conscious, we must acknowledge that. In this way, we discover what we want for ourselves, which is the first step to getting it. It may be a certain kind of relationship or a career. Whatever it is, it is possible that we could create it for ourselves, in our own lives, if we are able to honor our own desires.

Of course, there are times when we cannot heal our jealousy in this way, and then the lesson may be about acceptance and the understanding that our path is different from the paths of those around us.

It may be hard to see now, but perhaps it will eventually be clear why our life has taken its particular path. In the end, the best cure for jealousy is the recognition that the life we have is full of its own meaning and beauty, utterly unique to us—a gift that could never be found in the life of another.

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Summer reading is fun when we all read together!
Free events for kids of all ages.
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- June 16 - Rich the Magician:**
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- June 30 - Game Day at the Library:**
Test your team skills ●
- **July 7 - Atlantic Coast Theater:**
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- **July 12* - Sheriff's Office Animal Farm**
**Note: Wednesday at 11 a.m.* ●
- **July 21 - Art/Code:**
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You may not know this...

Many inanimate things have a gender!

Ziploc Bags are Male, because they hold everything in, but you can see right through them.

Copiers are Female, because once turned off it takes a while to warm them up again. It's an effective reproductive device if the right buttons are pushed, but can wreak havoc if the wrong buttons are pushed.

Tires are Male, because they go bald, and are often over-inflated.

A Hot Air Balloon is Male, because to get it to go anywhere, you have to light a fire under it, and of course, there's the hot air part.

Sponges are Female, because they're soft, squeezable and retain water.

Web Pages are Female, because they're always getting hit on.

A Subway is Male, because it uses the same old lines to pick people up.

Hourglasses are Female, because over time the weight shifts to the bottom.

A Hammer is Male, because it hasn't changed much over the last 5,000 years, but it's handy to have around.

The Remote Control is Female. Ha! You thought it'd be male, didn't you? But consider this... it gives a man pleasure, he'd be lost without it, and while he doesn't always know the right buttons to push, he keeps trying!

Sea urchins like to put rocks and shells on their heads, to protect them from predators and the sun. So an aquarium 3D-printed hats for them, and they love to wear them!



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