

Meditation 40

Rejoicing Meditation in Daily Life

As an informal practice, every time you notice yourself enjoying something, make the wish that all beings could have such happiness and its causes, and rejoice whenever you see anybody creating the causes of happiness or experiencing its results.

In particular, notice when you're jealous, competitive, or envious because you want what others have. Remind yourself this is the habit of the ordinary mind. Then do the opposite: Wish for others' happiness and the causes of happiness. This purifies your jealousy, competitiveness, and all those tendencies of the mind that want something for yourself without thinking of others.

As a formal practice, you might think of a person or situation you have some jealousy toward or a wish that you had their happiness or their opportunities to create virtue. Do the meditation, and ask yourself why you're thinking, "How come her and not me?" This means all you really care about is your own happiness and not hers. Instead, create the aspiration that all beings enjoy the happiness she's experiencing. May her happiness endure. May it grow and increase. Do this, and see what happens to the grasping for what she has. See how this works on the mind in relation to jealousy, envy, and that whole spectrum of emotions.