

**ENVY.** Envy is an emotion that occurs when a person lacks another's superior quality, achievement or possession and desires it or wishes the other lacked it. **Bertrand Russell** said that not only is the envious person rendered miserable by their envy, but that person may also wish to inflict misfortune on others. **Envy** is one of the most potent causes of unhappiness.

*with Wikipedia*

*The devil's assistant accosted a priest, who was praying to God, "I have tried everything to bring him around - to no avail." The devil whispered into the priest's ear, upon which he threw his cross into the dirt and angrily cursed God. What did the devil say to the priest? "God just made your brother bishop."*

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**EVIL.** A driver got out of his car at a traffic light and killed the driver in front, who had veered into 'his' lane. **We** find evil only in others, since that's the only place we look - but everyone is capable of evil and it comes to the fore in the oddest of circumstances. **To** look for evil only in others ignores our own nature; it also ignores the nature of the world's problems.

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**EXPECTATIONS.** Many factors contribute to our anxiety and depression, such as attachments, fear, delusions, desires, addictions, greed and egotism. **Expectations** is one of them; they are a trap that snaps shut as we live life with ever-present wishful thinking. **Expectations** are developed by an over-active ego that instils a sense of entitlement; we fall victim to the demands of our gross mind (ego) for undue benefits. **Expectations** foster delusions; they cloud reality and hold us back when we should apply common sense. **Expectations** - when they're unrealistic - keep us from assessing our prospects rationally; they build up unreasonable hopes that only too often can't be fulfilled. **Expectations** - when unfulfilled - disappoint, cause anger and misery, inhibit our freedom and hinder our wellbeing.

ex·pec·ta·tion

*the strong belief that something will happen or be the case in the future*

*Expectations are the enemy of happiness. The stoics say 'don't have expectations, go with the natural progression of things,' and 'freedom is secured not with the fulfilment of desires, but with the elimination of desires.' However, this is my favourite, 'how strange to be surprised at anything in life.'*

*see also STOICISM, SECRET  
and go to my blogs 829 and 587  
about the 'Law of Attraction' and  
the corresponding page in the appendix*