

SAURBÉ

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THE CONFIDENCE ISSUE

Issue 1

FOLLOWING

Your Dreams

Believing in yourself even when people say you're talentless

JEALOUSY

Get Over It

Focus on making the most of what you've got

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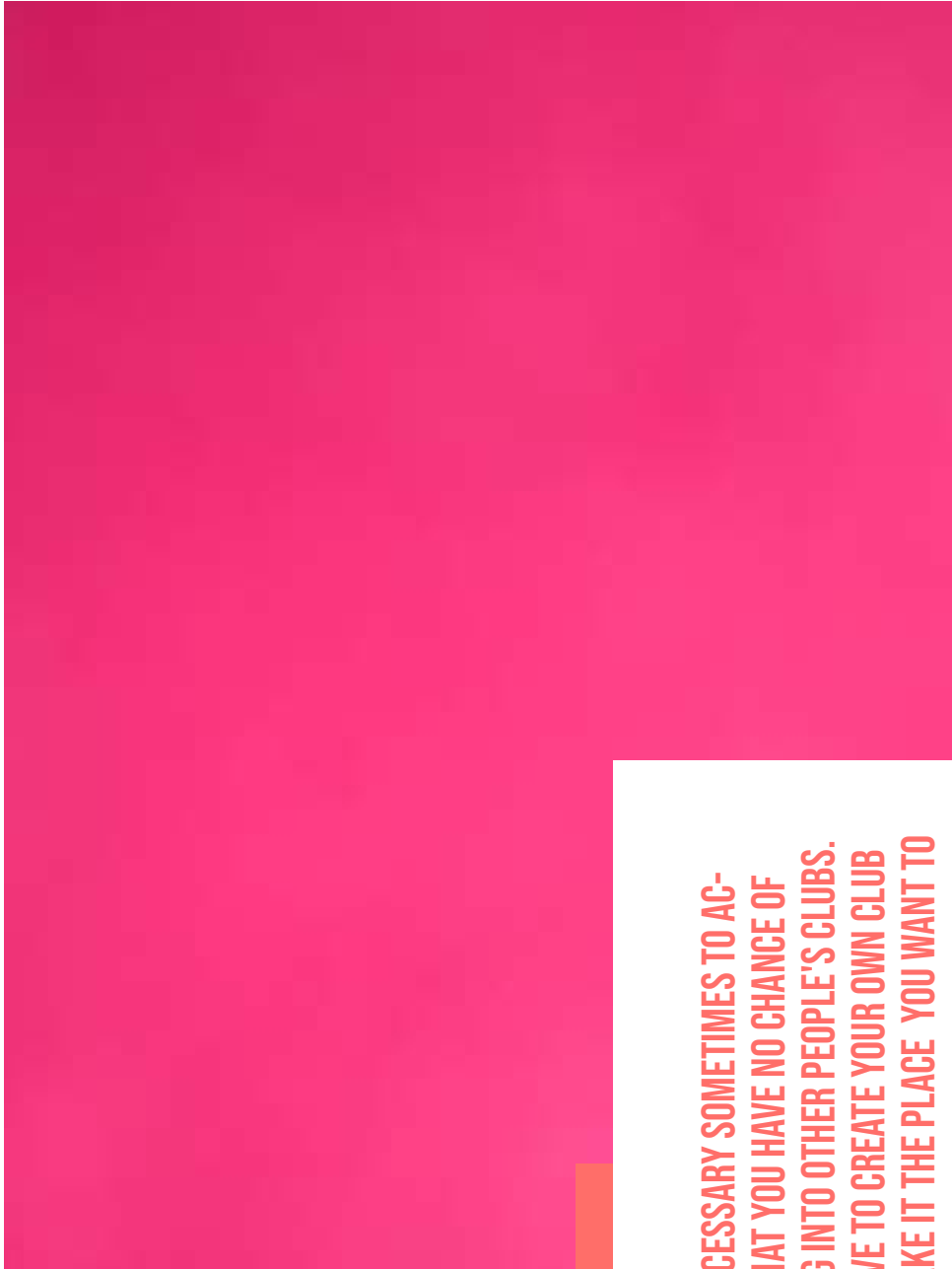
Tips & Tricks

For Getting Over Embarrassment

Jazmyne
STANCILL

How To Grow Your **CONFIDENCE**

And own your awesomeness without apology



IT IS NECESSARY SOMETIMES TO AC-
CEPT THAT YOU HAVE NO CHANCE OF
GETTING INTO OTHER PEOPLE'S CLUBS.
YOU HAVE TO CREATE YOUR OWN CLUB
AND MAKE IT THE PLACE YOU WANT TO
BE.

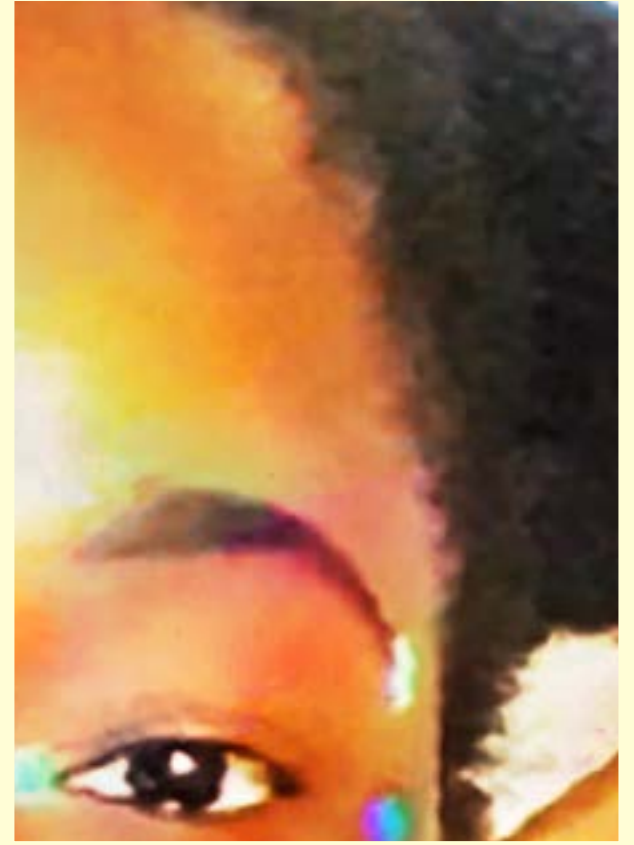
CREATOR: ADELA C LEWIS

There's always more than one route a person can take to get to where they want to go in life. Sometimes you have to get creative and imaginative in newly invented ways. Sometimes you have to grab a machete and clear a path through a seemingly impenetrable forest. We're not all born with the biggest brains, the greatest amount of talent or the most beautiful face and figure, or to parents who are already existing at the top of the ladder. But some of us, despite not having any winning advantages, have great ambition, determination desire and heart.

SAURBÉ represents perseverance and determination in fighting for your goals and dreams against all odds. It represents

SAURBÉ pronounced /saw-bay/ is a magazine for whoever appreciates it and gets anything valuable out of it. It's for the ones who can identify with what it means to have to create your own opportunities to be seen and heard in a world that will shut you out because other people think you don't belong.





HOW NOT TO LET OTHER PEOPLE CONTROL
YOUR OPINION ABOUT YOURSELF AND YOUR
WORTH

YOU CAN HAVE SELF CONFIDENCE

Confidence as it relates to this article is defined as "a feeling of self-assurance arising from one's appreciation of one's own abilities or qualities."

To put it in more everyday terms, confidence is being able to go about your life being who you are and doing what you do without being remotely concerned with the eyes of other people that might be watching you and the thoughts that might be going through people's mind. It's when you don't need people to pay you compliments and reassure you of your worth and your value before you can feel good about yourself and

feel secure in your decisions and in your choices and your abilities. Confident people have unwavering self belief. They go through life with their head high. They walk with purpose and focus—exuding fearlessness and sureness of self. And as a result of their confidence, things just tend to go the way they want. Because people recognize confidence in others and generally respond to it positively.

The key to having confidence is to learn to overcome your self doubt. If you are chronically insecure in yourself this can be an extremely difficult thing to achieve.

It will be even more difficult if you are surrounded by people who have a habit for undermining your confidence by doubting you, constantly criticizing and judging you and always reminding you of the ways you fall short of their idea of some or another ideal.

If you do have such people in your life, you will first need to eliminate them from your life where possible, and where not possible, you will need to put boundaries in place to protect yourself from the damage they do to your self esteem. In cases where it's not possible for you to put up boundaries, you will need to learn how not to care what anyone thinks about anything that you do.

People can be pushy and insistent and often downright aggressive when they want to make their opinion heard. This can make it pretty hard to ignore people's opinions. But confidence can't grow in an environment of constant judgment and criticism and discouragement. So if you're to overcome your lack of self-confidence, you will have to protect your environment from people who insist on always telling you what they think about what you should do or not do, what you should think or not think, how you should act or not act, whether you are good enough or not good enough for this thing or that thing. These are not people who are helping to foster confidence in you. And if they will insist on continuing to feed your self doubt, you need to eliminate them from your mental and emotional environment.

There are times when it's not possible to eliminate people from your environment. If you use social media, for example, you will have no power to prevent people from imposing their negative opinion of you in one way or another. You can only remove yourself from that environment. But if you're using social media for a purpose that makes removing yourself from that environment not an option, you need to learn how not to be affected by the negativity that comes at you via Internet trolling.

However the manner in which other people are undermining your confidence in yourself, you need to practice becoming resistant to judgement and criticism that is intended to be destructive.

To fortify yourself, remind yourself that no one who insults you deserves the satisfaction you give them when

you accept their insult and allow it to cause you to doubt yourself. Understand that most people will just keep on moving if they don't find you interesting. Unless you are doing something so outrageously inappropriate that violates common decency, the average person doesn't have the time or interest to interrupt their own life activities in order to spend any amount of their time insulting other people because of those other people exercising their freedom to express their being alive however they choose.

Most people practice some degree of common courtesy that allows them to have consideration for other people's feelings. They would not intentionally try to insult or potentially hurt the feelings of someone they don't know just to have the satisfaction.

The people who feel compelled to criticize and mock other people's self expression are usually people who are disgruntled and angry, hard to please and unkind in general due to their own issues. Or they are prone to criticism, judgement and hatred of people who don't meet their exacting standards--people they dislike because of how the person looks and other reasons to do with who the person is, and the way the person conducts their being. Sometimes they are critical and judgemental because of underlying envy.

The fact is, people who feel good inside--who are in a good happy place and a peaceful, joyful state of mind--they don't typically express how good they're feeling by doing things that are mean-spirited. A mean action is incongruous with a happy, joyful spirit. That means the people who insult you for just trying to live your life and make yourself happy by doing the things you enjoy are unhappy in their own lives and want to spread their negativity just to be mean.

It's up to you to decide if you're going to allow people to get inside your head and make you doubt yourself on account of the mean things they say about you.

WHAT PEOPLE THINK ABOUT YOU HAS NOTHING TO DO WITH YOU

You have the right to live your life and to be yourself. You don't exist to be who other people think you should be. You are you and you should be confident in being you. When people judge you for being you, it's on them to recognize that they're imposing their opinion of who you should be based on their preferences. It's not on you to change yourself to make other people more comfortable. It's they who need to broaden their scope.



JUSTINE M
Model Mannequin

BE. WHO. YOU
WANT TO BE

UNREPENTANTLY
BOLD



FOLLOW YOUR DREAMS

"There are exceptions to every rule. Just because something is unlikely doesn't mean that it is impossible. People defy odds every day and achieve success despite being told success was impossible for them for one reason or another."



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reams can come true no matter who you are or where you are in life. You just have to believe that everything is possible. Even the impossible is possible. We've seen it time and time again. So, even if it seems impossible that you could achieve your goals and dreams, you have to know that it is not impossible. Maybe you don't have the knowledge about the thing you want to do, or maybe you don't have the talent--or maybe you're too young or too old according to some society imposed age rule--whatever the reason that your dreams are harder to realize, refuse to accept that you're powerless to do anything to make your dreams come true. Maybe you're powerless to open doors to places where other people are in control and decide whether you can be in these places or not. But you are never powerless to create your own place with its own doors. Even if you think to yourself, well, where am I supposed to find the things I need to create my own place with its own doors--understand that this is the starting point. The key is for you to find the things you need. So you have to

figure out what it is that you need, and you have to figure out where to find what you need. And if the things you need cannot be found, you have to figure out how to create them. It's a question of how determined you are and how willing you are to keep trying and trying one thing after another. Do you have the patience? Do you have the endurance? Do you have the faith and the self belief? Self belief is critical, but don't just rely on your self-belief. Keep improving yourself. Keep working on becoming better and better. Strive to be the absolute best that you can be. And never compare yourself to other people. Comparison is distracting and deflating. The more you focus on other people, especially in the case where your focus is on how lucky they are to be living their dream, the worse you're going to feel about yourself. And it's hard to stay motivated and to keep working at your craft when you don't feel good about yourself. Avoid exposing yourself to people and situations that make you feel like you're wasting your time and being foolish in your choice to keep trying to achieve the impossible.

Get over Your Embarrassments

5 Tips & Tricks

Shame is a tactic that people use to control how other people feel about things they do and say that violate social codes. Depending on who you ask, shaming people is either perfectly okay and acceptable as a means of ensuring that people conform to social norms, or it is a form of bullying. Shame and embarrassment are related but, according to Psychology Today, they are not the same thing. Although they are often used interchangeably, the mortification you feel if, for example, you unintentionally pass gas in the presence of others is not shame but embarrassment. Shame is a deeper more lasting and long-impacting issue that one might not be able to overcome by reading an article. But embarrassment is temporary and soon enough forgotten about for most people.

Since embarrassment doesn't last, you might not necessarily need tips and tricks for learning how to get over it. It will dissolve on its own as you get distracted by other things, but learning how not to feel embarrassed in the first place could help you maintain a higher level of self confidence even if, for example, you happen to let a fart rip and someone you're trying to impress happens to walk by at the same time and not only hear it, but smell it.

Learning how to get over your embarrassments is critical for people who tend to allow embarrassment to develop into something deeper--like social anxiety, depression, panic attack and other mental disorders that result from thinking too much about the embarrassing situations they experience and failing to practice healthy reasoning and healthy reactions.

If you tend to embarrass easily and to feel ashamed of who you are because of awkward situations that happen to you, these five tips for getting over your embarrassments could be useful for you to learn to apply in your daily life. Everyone experiences embarrassing situations in life, and there's no reason to let embarrassment break your confidence.

Tip #1 - Remind yourself that, yes, you will live it down

In the moment of feeling embarrassment, we always think we're never going to live it down. Consider all the previous times you were embarrassed and you were sure that

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you weren't ever going to live it down. What happened? You lived it down. Every time. You will live it down this time too.

Tip #2 - Laugh it off if you can

Sometimes the things that we feel embarrassed about are things we find funny when it happens to other people. Not funny at the expense of the person, but funny because it's funny and we want to laugh. And the only reason we don't laugh is because we don't want to make the person feel bad. But if the person laughs, then we would laugh and everybody would get a laugh, and just like that this embarrassing thing becomes a funny thing that you laugh when you remember instead of feeling mortified and wanting to die every time you remember about it.

Tip #3 - Be a friend to yourself

If something embarrassing happened to a friend, would you allow that friend to feel bad about it? Or would you tell your friend not to worry about it? That it's no big deal. It's just the way of life and they'll get over it? Why would you deny yourself your own friendship at this time when you need to be a friend to yourself instead of subjecting yourself to feeling embarrassment? Tell yourself the very supportive things you would tell your friend.

Tip #4 - Shrug it off and let it go.

Ok. So you did something you wish you hadn't done. You said something you wish you hadn't said. You represented yourself in a way you regret. Can you undo it? Can you on 'unsay' it? No. You have the choice to beat yourself up about it. Keep thinking about it and making yourself feel worse and worse. Keep creating the right environment inside your head, inside your body to grow this seed of thought into another hungry parasite that will live inside you and eat away at you, draining you day after day of your energy – of your self-esteem. Or let it go. Let it go. It is not important. It is not relevant

in this moment or the next. It is done.

Tip #4 - Redirect your thinking from the past to the present

Everything that you feel because of thinking about whatever is the cause of your embarrassment is being felt not because of the thing that happened itself, but because of the thinking about it that you're doing. The same brain that you're using to torture yourself by thinking about something that's essentially in the past, even if it just happened a minute ago, is the very same brain that you can use to heal yourself from the madness of torturing yourself over thoughts. The thing is a thought now. It's finished. So don't spend time thinking about it if it's making you feel bad, because you don't have to. You have control over your thoughts.

Tip #5 - Go for a run or do some kickboxing or other cardio exercise

There's nothing like a good workout to redirect your focus and clear your head. If you find yourself stressing over something embarrassing that happened to you hours after it has already happened, it's because you're indulging your impulse to spend your time thinking about it and feeling mortified. If you really want to get over it, one of the best things you can do is stay active doing other things that require you to focus outside of your thoughts. Getting some exercise is a great idea as exercise is known to alleviate stress and promote clearer and healthier mental focus. Go for a run if running is something you do. If you have the means to, go punch and kick a punching bag for twenty minutes to an hour. Put on some good dance music, turn up the volume and do some cardio exercise or dance exercise. Try to work out until you burn sweat and feel too good to be thinking about some silly embarrassing thing that happened to you.

WHEN NOBODY WILL GIVE YOU A CHANCE

SOMETIMES YOU HAVE TO STOP ASKING
FOR OPPORTUNITY AND CREATE YOUR
OWN EVEN IF IT MEANS BUILDING YOUR
OWN UNIVERSE



How do you build your own universe so you can change the way things work in order to give yourself a chance?

That is the question facing singer songwriter Adela Monica.

"I've realized there's no place for me in the music industry. Nobody's going to give me a chance because I don't have what the industry looks for in up and coming talent. You can't be up and coming if you're over thirty. When you're my age, the notion of being an up and coming anything is absurd. People are just going to look at you like you're crazy."

Adela Monica began to pursue a career in music in 2017. At that time she was already well past the age that is considered too old for someone to be pursuing a career in music. If you believe the articles found on music industry related websites, the oldest a person can be if they hope to have a realistic chance of making it in music is 25. Unless you're supremely talented or you come with other highly marketable assets, maybe you might forge a decent career as an independent artist if you're lucky, but, according to industry experts, if you start your career over age 25, your chances of ever becoming a signed artist are almost nonexistent.

In the years since she embarked on her singing and songwriting journey Adela Monica has struggled to get her music heard.

"The truth is, unless you're a long established artist who's been out there since your teens and early twenties, people are going to look at you like you're completely insane to be putting music out there and imagining it's going to be possible for you to make a name for yourself when you're my age."

But even while knowing how insurmountably high are the odds stacked against her, Adela Monica continues to pursue the goals and dreams which she did not have the ability to pursue in her youth.

"Things were a lot different when I was young. I used to make up songs, but there was no way that I could have gotten them produced. I had no money and I didn't know anyone in the music industry. I had no knowledge whatsoever about turning a made up song into an actual song that gets released into the world. And there was no Internet



GIVING UP ON YOUR DREAMS
BECAUSE YOU'RE AFRAID THAT
PEOPLE WON'T LIKE YOU OR
THEY WON'T BE IMPRESSED BY
YOU OR INTERESTED IN YOU EX-
PRESSION IS PRETTY SAD...

BE BOLD

- Believe in yourself
- Know your worth
- Trust yourself
- Look inside for answer
- Avoid people who don't respect your ambitions
- Avoid people who make you feel like your ambitions are above your head

that I could have used to do any research."

Lack of confidence was also another reason that Adela Monica never pursued her interest in singing and songwriting when she was young. She had always loved to sing but was never confident in her singing to where she ever imagined it was something she could seriously pursue. As a young woman she was riddled with self-doubt, and although she had always wanted to perform since a very young age, she simply never had the courage.

"I was always very shy and inhibited and afraid of people--afraid of criticism and judgement to the point where I didn't want to be seen or heard. I didn't like having other people's eyes on me because you could feel their judgement penetrating your soul. And when you lack confidence in yourself, it can be painful to feel eyes on you that seem to you to be reflecting a lack of appreciation for the very sight of you."

Adelamonica's shyness and her fear



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of criticism and judgement was crippling. So, although in her heart there was a deep desire to pursue her various passions--singing, songwriting, modeling, acting, dancing--she suppressed her desires and chose instead to hide herself away from the world.

"Giving up your dreams because you're afraid that people won't like you and they won't be impressed by you or interested in your art and your expression is pretty sad in my opinion"

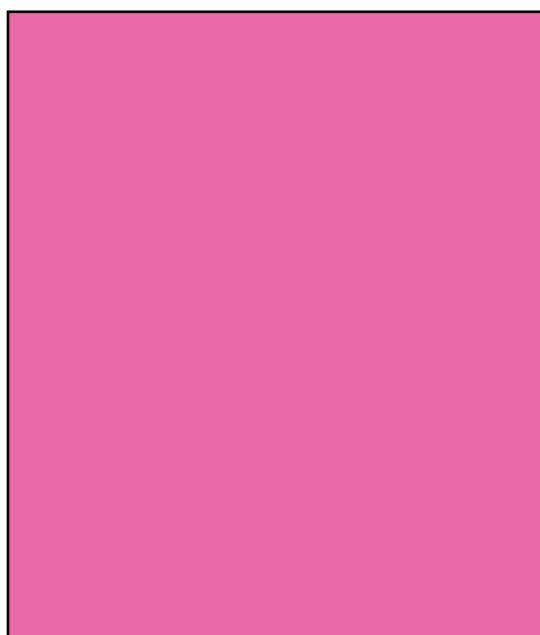
But that was exactly what happened to Adela Monica. She gave up her dreams because she didn't have the courage to face the risk of rejection.


"I just didn't believe in my abilities. I didn't have confidence enough to overcome the concern that I wasn't good enough in other people's eyes."

However, in 2017 Adela Monica found the courage to pursue the singing and songwriting dreams she had suppressed for decades. She knew that, according to the experts, she was venturing into the music world much too late in life. She had no chance of succeeding in the industry. Most artists were already retired by the time they were the age she was when she was starting. But she also knew that she needed to listen to her heart this time around. She needed to do it for herself.

"I've released two full albums. I've written and released over thirty songs. Most of the time I'm the only person listening to my music. It can destroy your self confidence to get up on stage in front of the whole world only to have everybody get up and walk out, some shouting to you "You suck" in their departure."

But Adela Monica is determined to keep fighting to become impenetrably confident like she writes about in songs like "As Long as I Believe In Me", "Never Gonna Keep Me Down", "Born to Win" and "Watch Me While I Cha Cha" -- songs that encourage the listener to be confident and strong and fearless and bold and to never give up even when they fall. To get up and keep on going.





Confidence is energy that you're putting out. It's a beautiful thing when you can feel confident not as a statement to the world that you love yourself and don't care what anyone thinks about you, but because you feel happiness and joy inside, and you just can't help that your happiness and joy is radiating from you. When your joy reflects outwardly, it can inspire confidence in others and make them start to feel good too. That is the true beauty of a confident person--that their energy rubs off positively on others.

Adelamonica

LIVE YOUR LIFE COLORFULLY

Be vibrant. Be colorful. Be fearless. Be bold. It's your body. It's your life.

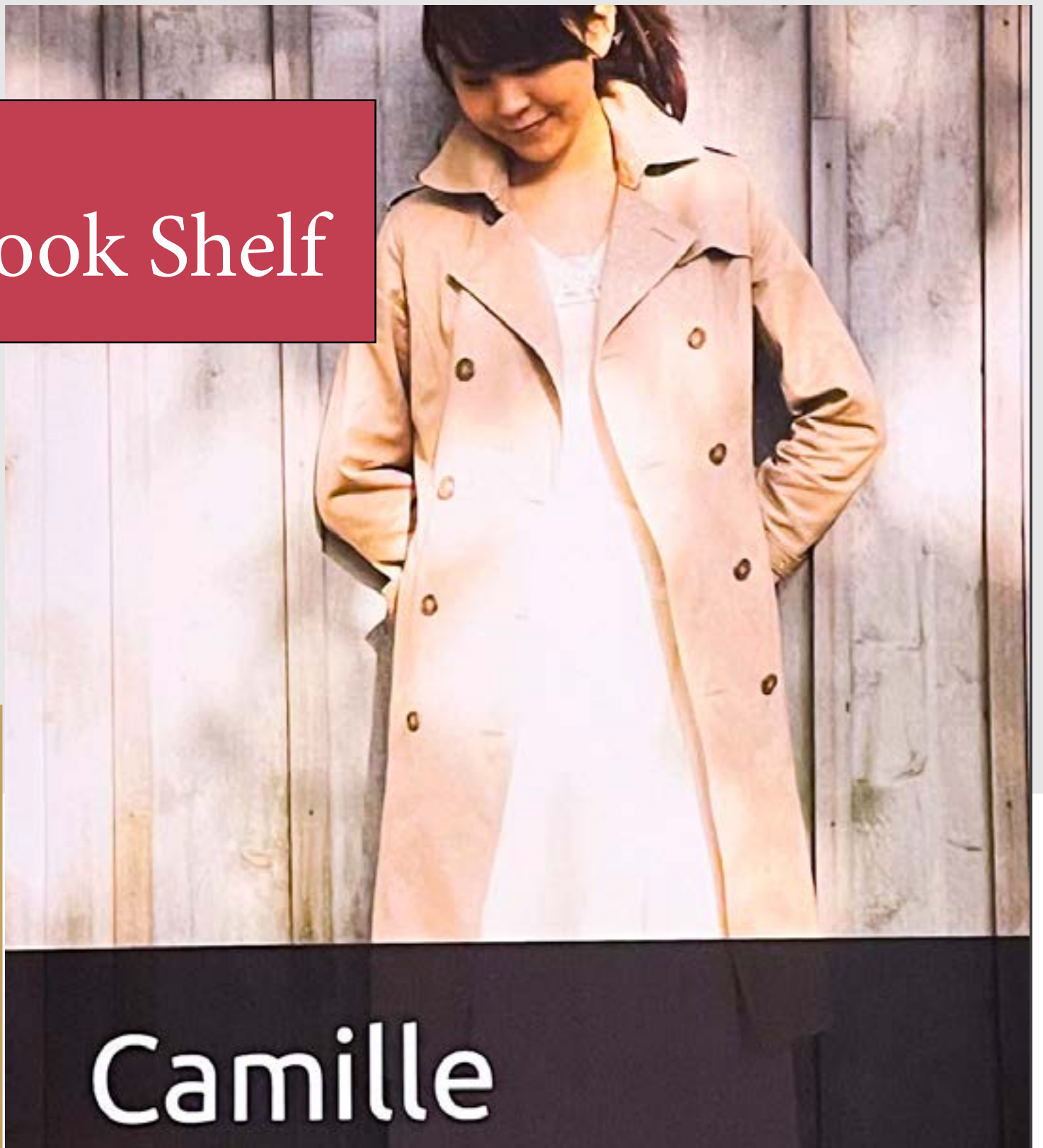


NEVER APOLOGIZE FOR BEING YOU



Let people think about you whatever they choose to think. Their opinion of you should never matter enough to make you feel like you're not enough. You are enough. You're everything enough, and you never need to try to be what other people think you should be in order for them to approve of you.

The Book Shelf



Camille McAllister Chang is an American living in Paris. The daughter of a successful American lawyer, and an Asian mother, she craves independence and self-sufficiency, so she decides to leave America and relocate to France where she supports herself by teaching English while she pursues her passion for Art. A few years after her arrival in the Hexagon, she meets a partner at a posh white shoe law firm. There is an immediate attraction between them, but he is married...

CAMILLE BY MARION
T.D. LEWIS

Excerpt of Camille by Marion T.D. Lewis

Place Vendome, Paris. Camille McAllister Chang stifled a hunger-induced yawn and began to tap her fingers on the desk she was sitting at.

"Where is this guy?" she muttered impatiently. "I'm hungry."

A young American woman of mixed Asian, Irish and Berber descent, Camille had been living in Paris about five years, having immigrated there to study art, and subsequently deciding to settle there after her studies. What else was she supposed to do with her life at that point? A child of divorce, she had long since left her father's home in New Jersey and had been living and working in Chicago when she got the idea to move to Paris. (Her mother had relocated to Hong Kong and had re-married after the couple divorced when Camille was only six ears old.) You can call it a quarter-lifecrisis, of sorts.

In Paris, she supported herself by teaching English while she practiced her art. Teaching English was not the most lucrative career in the world, she was painfully aware of that. Her Irish father, a successful lawyer in New Jersey, had expressed his dismay on more than a few occasions, that she had chosen to throw her education away (he had paid for her university studies at Yale) to take up such a lowly profession as teaching English, and studying art.

She did not care to return to the US any time soon and she certainly was not going to live her life according to her father's rules anymore. She loved her life in Paris. She was starting a new gig at a posh white shoe international law firm on Place Vendome, and if things worked out, this contract would last a full year. Her job was to help the lawyers improve their Legal English.

All in all, there were five attorneys

on this assignment. She had already seen three for the day. The next guy had a thirty-minute module and there was a woman after him - a partner - also for thirty minutes. After that she could leave. One more hour. It was a lot, but it could have been worse, though it would not be a minute too soon when it was all over because she was on the verge of collapsing from hunger.

"This all-fruit and veggie diet is for the birds," she mumbled, getting up to pour herself some coffee in a white porcelain teacup. "I need more carbs." She had been trying out a new diet for a week that had left her with very little energy. She was already reed thin, just as she preferred to be, but that was not exactly effortless. She had taken after her father and could gain weight quickly if she were not careful, so she had to work at it. She made a mental note that she would return to her normal diet as soon as she got home. She just absolutely had to have sugar.

Camille plopped a fancy looking sugar cube from Malawi into the cup and stirred brusquely with a shiny silver teaspoon. "At least they are very civilized here," she thought. "Even their spoons are expensive. I just wish they realized that air conditioning has been invented."

It was a hot summer day, circa 2015. She was wearing a pretty, white lacy camisole under her shirt, with a white cotton skirt, and black sling-backs. For some crazy reason (probably because she had not listened to the weather report or maybe because of just habit), she was also carrying her trench coat that day, and had draped it behind her chair.

Taking a gulp of her coffee, she walked closer to the window so she could look out on the avenue—the busy and posh Place Vendome. Parisians of every sartorial stripe—well-dressed salesgirls, construction workers, businessmen, motorcyclists - scurried in every direction. Paris was a very fast city. She was often surprised by just how fast it was. It wasn't that she was not used to fast cities. She had grown up in Hoboken New Jersey

right next to Manhattan. Prior to moving to Chicago, after her studies at Yale, she had spent almost every weekend in the Big Apple, hanging out with her friends. Connecticut and Chicago were lively in their own way, so it was not like she had come from the boonies. But she found the energy in Paris to be different from everywhere she had lived before. Sometimes, she felt like she could not keep up, like they would run her over. At 35 Camille was not exactly a spring chicken. Though she looked and acted at least a decade younger, but she definitely was not a baby, and she definitely felt like Paris was very fast.

Just then there was a firm knock on the conference room door. Quickly gulping down the rest of the coffee, she patted her mouth dry and walked towards the door. 'Come in,' she said in her most authoritative voice.

The door opened, and she was face to face with Monsieur Edouard Laguerre.

CHAPTER TWO

"Bonjour Monsieur," said Camille, smiling and extending her right hand for a handshake. "I've been expecting you."

"Enchanté," he replied, in a heavy French accent, taking her hand. Their eyes locked for an instant. His were a deep greenish brown, with a slightly vacant look in them.

She could not help but notice how impeccably groomed this man was - especially since it was summer and quite warm. The other attorneys had been dressed quite casually but Monsieur Laguerre was wearing a navy linen suit, white shirt with cuff links and pale blue tie with powder pink stripes. He wasn't very tall, maybe about 5' 7" but he nevertheless seemed very powerful. He smelled rich, she thought, and he looked to be rather old at least

60 in her estimation, almost the same age as her father.

It suddenly occurred to her that he seemed to be standing unnecessarily close to her. She felt a magnetic pull, as if she was being sucked into him. It made her shiver.

Smiling nervously, and with gargantuan effort, she pulled herself away from him and moved towards the other side of the desk.

"What can I possibly teach this guy?" she wondered.

"He does not strike me as the type of guy who wants to spend the next half hour talking about phrasal verbs." She smiled at

the man again and motioned towards the chair on the other side of the table. "Please," she said. "Have a seat."

"Merci, Mademoiselle" said Mr. Laguerre in an exaggerated accent.

"Can I offer you anything? Like some coffee? Water? Soda?" She asked.

He muttered some thing in French.

"Pardon?" She asked, confused.

"Evian, s'il vous plait."

"Oh. Bien sûr."

She walked over to the counter and picked up a bottle of Evian. Monsieur Laguerre found it mesmerizing the way she used her hands. He admired her long, slim fingers as she poured the water.

Camille could feel him staring at her hands and it made her tremble a little bit, which resulted in some of the water spilling on the desk.

She handed the glass to him and then poured herself a glass before sitting down and turning her full attention to her new client.

To find out how Camille's and Monsieur Laguerre's story develops pick up a copy of Camille by Marion T.D. Lewis.

Available for purchase on Amazon.com

Jealousy as we understand it in the most simplistic terms is when you feel compelled to wish ill towards someone or you are otherwise bitterly resentful and contemptuous of another person because you perceive them to be something that you're not but wish to be, or to possess something desirable which you lack. It could be a trait of character—maybe they have a confident, outgoing personality. Or it could be that they're super attractive, rich, famous or otherwise highly esteemed in society. Maybe they live in a mansion, drive expensive cars, and just have a great life generally. And you feel an ugliness inside when confronted with the perception that they are better than you.

Whether we would naturally do that or not, we are socialized to measure ourselves against ideas and beliefs forced upon us by society. Furthermore, we live in a world where there's a tendency to make people feel worthless because of their failure to measure up to certain ideals. So, in comparing

ourselves against the accepted standards of worth, we're naturally going to have negative reactions over our failure to measure up.

No one would prefer to go through life at a disadvantage. And on top of that, while we're being socialized to celebrate and admire people who represent the ideal according to the arbitrary standards we uphold, we are simultaneously being socialized to feel shame over our disadvantages.

The list of ideal qualities or ideal things for humans to possess is long, and sometimes, when we don't possess these ideal traits or material things, the presence of people who are perceived to possess them brings rise to feelings of worthlessness within us. Some people make us more aware of how significantly we fall short of the standards by how well they themselves measure up, and in their presence, we feel smaller. We feel inadequate. We feel insecure.

As defined, the word jealousy suggests that someone is better than you and that you recognize they are better than you and you hate them for being better than you. But a more on point definition might be that jealousy is recognition contaminated by negative self-judgment. We recognize in someone those traits that we are told are the ideal



How to Get Over Jealousy

traits for humans to possess. Or in the case of material objects, we see these people driving around in the best cars, living in ten-bedroom mansions, dripping in jewels, dressed in the best—whatever other materialistic measure of worth—we elevate the people who supposedly have it all because that is what we are taught to do. However, our recognition of their status is at conflict with our own desire to be and to have the same.

No one likes to feel like they are less than any other person, because we all have the basic knowledge and awareness that we aren't less than anyone and no one is less than us. Regardless what we might choose to believe as we become socialized and trained in how and what to think about ourselves and our place in the world relative to other people and their place in the world, that instinct derived from nature is inside all of us.

We all sensibly know that we're equal to every other human. While we might willingly allow people that live better to believe they are better for having more than we do, we recognize that regardless how much more they possess of the established ideals, people are just people. And by that virtue alone we're all equal. Those feelings you classify as jealousy are just your desire to be equal in outward measure to the person who triggers the feelings inside you. You want the same recognition. You want the same opportunities. You want the same things. And you feel shame over your perceived inadequa-

YOUR ENOUGH

- **Focus on yourself and stop focussing on other people**
- **Make the most of what you've got. You are already enough and equal to the best**
- **Make yourself the person you most admire.**
- **Love everything about yourself. You are good enough**
- **Don't give your energy to other people while hating on yourself**

of the trigger person. Understanding this is the first step in learning how to get over your jealousy of people who have it all and instead become inspired and motivated by them, and excited to create your own great life. Or otherwise learn to reject the notion that they are better than you by virtue of one thing or another.

The first step in getting over your jealousy of people perceived to have it all is to stop comparing yourself. This is going to be hard to

by accepting things for what they are. If you agree that some people are special because of possessing certain intrinsic or extrinsic traits that have been classified as desirable, then accepting that you're not special because you don't possess these traits only makes sense. And because you don't possess these traits, you won't get to experience what the special people who do possess these traits experience. Accept that because they possess one or another desirable trait, some people are going to be more highly esteemed than you. They're going to be loved

STOP COMPARING YOURSELF TO OTHER PEOPLE AND REJECT COMPARISONS OTHER PEOPLE MAKE EVEN IF IT FLATTERS YOU

do especially in this age of social media. But if you're someone prone to feeling inadequate when measuring yourself against other people, obviously one of the primary solutions to that is going to be your terminating the habit for comparing yourself to other people.

But not comparing yourself to other people is a difficult goal to achieve. Because you live in world where that's what people do—they judge and compare you. And they do this in a way that compels you to judge and compare yourself. Everything—down to the size of your pores—is subject to being critiqued in a manner to suggest you don't measure up to ideal standards. And the behavior is so much embedded in the social conscience that it's widely considered an inborn trait rather than something we learn to do. So, not comparing yourself to other people is a goal that might seem futile. After all, you're going to be directly or indirectly compared whether you're the one doing the comparing, or it's being done by someone else. So how exactly do you learn to stop comparing yourself to other people?

1. Choose whether to believe that some people are special or that no one is special

a. Some people are special – subscribers to this viewpoint believe that some people are born with advantages which others are not. And because of these advantages, these special people deserve to be rewarded with greater esteem and higher standing in society than everybody else. If you believe this, then the way you stop comparing yourself is

and admired by more people than will ever love and admire you. Life will reward them with things and experiences of which you will be deprived. And there's absolutely nothing you can do about it. Feeling bad about it is pointless. Envy the special people—if you believe that some people are special—is a waste of your energy. You can't change the way the world works. But you can get beyond the feelings of shame over your disadvantages simply by accepting your powerlessness to become special without figuring out a way to become reborn and to give yourself the necessary qualities before you re-enter the world in new birth. What sense does it make to compare yourself to special people and feel bad about yourself? If it makes you feel bad about yourself then you clearly wish you were special. Or else, you're not comfortable with the idea that there are people better than you. But by your own agreement with the sentiment of specialness, some people are better than you because they're special and you're not. So just accept things for what they are and let go. Acceptance is a very powerful thing.

b. No one is special – subscribers to this viewpoint believe that regardless if a person is born with the advantage of good looks, a more capable brain, a more outgoing personality or whatever else, we are all the same. No one is more deserving of esteem and standing and respect in society just because their face is better looking, or their body is more spectacular or their brain is bigger

or whatever the advantage they possess. Believing that no one is special allows you to reduce or eliminate the practice of admiring people for their looks, their possessions or what ever else it is for which they hold status above you by your estimation or by the estimation of the rest of the world.

When you reject the idea that some things make some people more special than other people and instead embrace the mindset that you are equal in worth to every other human regardless of who they are--you won't engage in the practice of comparing yourself.

Facing yourself and being able to admit to yourself that you don't feel as good about yourself as you should is a necessary part of the process of unlearning jealous reactions. You have to take responsibility for how you feel. Be honest with yourself about your insecurities. Admit your jealousies to yourself so that you can begin to put them into proper perspective and modify your mindset to allow for you to get to the root of your feelings and figure out what you can do about it--if you want to do something about it. After all, jeal-

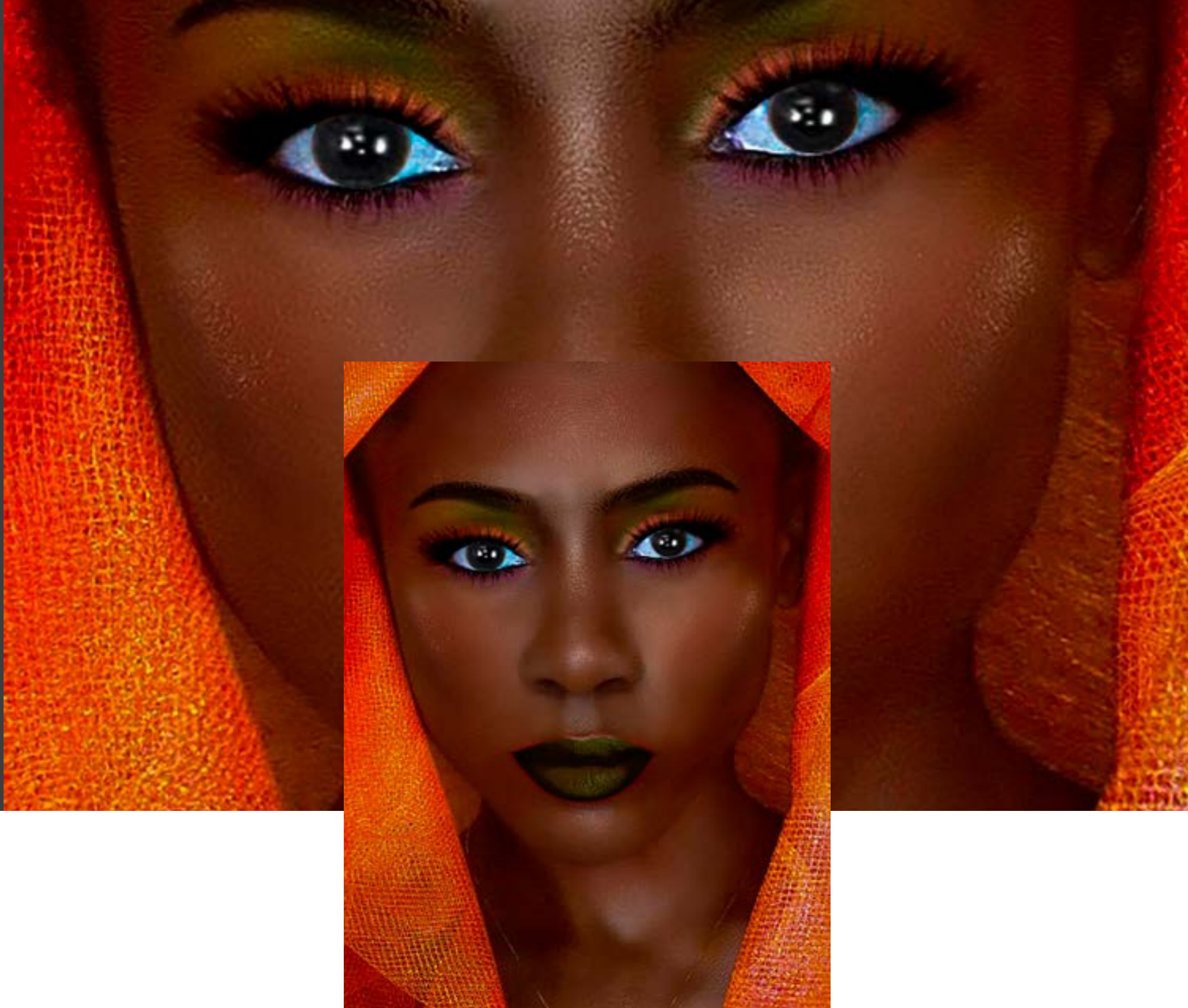
THE THING ABOUT JEALOUSY IS THAT IT'S ENTIRELY BASED ON HOW YOU SEE YOURSELF AND HOW YOU VALUE YOURSELF

You will instead be busy living your life and making the most of your experiences--giving your focus and attention to yourself and being busy living and being.

Your jealousy is a reflection of who you think you are and what you think you're worth. It has nothing to do with the person towards whom the feeling is directed. It's about what they represent. And it's about you and your insecurities, your perceptions, and your relationship with yourself. It isn't that someone is so great and so much better than you. It's that you are not secure in yourself. You are not content with something or multiple things in your life. It could even be that your personality is in need of checking and adjusting--that you have a tendency to compare yourself to other people just out of habit. You compare yourself to everybody and have a tendency to want to outdo everybody. You want to get in on everything and be able to say that anything someone can do you can do it better. This is a problem for you because it keeps you perpetually in the act of comparing yourself with just about everyone who crosses your path. And if this habit does not cause you to feel bad about yourself directly, it likely causes you to have an ugly habit of judging people and always finding fault and trying to put people down, diminish them so that you will be able to justify your judgement as being warranted rather than being motivated by your deeper insecurity issues.

ousy is just a feeling. And assuming you don't act on it in some sinister way, it's not doing any real harm to you or to the person or people towards whom it's directed. In some cases, some might even say jealousy can be healthy, because it can motivate a person to go out and try to outdo other people. And while the motivation to try to outdo other people isn't necessarily the ideal reason for chasing one's ambitions, if the result is that you become successful in life, then it hardly matters that you were motivated by jealousy.

Typically though, jealousy doesn't have that motivating effect on everybody. It more often than not kills motivation, and leaves the jealous person feeling unhappy and unworthy. So, it's a good idea to not indulge feelings of jealousy. And that can be as simple as you understanding that your jealousy is about you. And that understanding can empower you. Because it means you are in control of the situation. It's not first necessary for the person towards whom you feel jealous to drop dead or otherwise suffer an equalizing misfortune. All you have to do is own that it's you and not them, and just like that, by disempowering them, you free yourself to focus on you.



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