

Archetypes Envy



ALMAPURA AWAKENINGS™ REFLECTION WORKSHEET

Envy & the Sacred Mirror

Reflective Self-Inquiry Worksheet

This practice invites you to meet the energy of Envy with compassion and curiosity. Rather than judging yourself for feeling it, ask what it's trying to reveal. Each question helps you trace the energy from comparison back to connection, from longing back to love.

Meeting the Archetype Within You

Where do you feel Envy in your body?

(Notice the first physical response; constriction, heaviness, tightness, or warmth.)

Example Answer: "I feel it in my throat — like expanding foam pressing outward. It limits my ability to speak words of joy or encouragement. It's an ugly, suffocating sensation that tells me something beautiful inside me has been blocked."

What emotion or belief hides beneath Envy for you?

(What's underneath the comparison; fear, scarcity, feeling unseen, forgotten, or unworthy?)

Example Answer: "I feel pressed down energetically, as if I can't stand tall. Gratitude slips away and I lose joy in what I already have. Underneath is the belief that I am not enough."

Where do you think this belief originated?

(Family conditioning? Cultural messages? Past wounds?)

Example Answer: "It feels collective — society teaches us that we are not enough, don't have enough, and must always want more. It's a learned pattern, not my truth."

What does Envy actually want you to realize?
(What is it asking you to awaken, reclaim, or remember?)

Example Answer: "It wants me to rise above superficial measures and embrace my soul. It asks me to notice everyday miracles, to see my worth, and to honor my own journey."

When you look at what you envy, what feeling are you truly seeking?
(Ask yourself: "If I had what they have, what would I feel?")

Example Answer: "When I envy someone's wealth, what I really want is the feeling of relief — not the money itself. I long for ease, security, and peace in my circumstances."

How could you begin creating that feeling in simple, real-world ways?
(Instead of chasing the thing, nurture the feeling.)

Example Answer: "I could create relief by reorganizing my budget, cutting expenses, or finding creative ways to increase income. Spirit reminds me that peace begins in small, empowered choices."

How does the energy in your body change when you bring gratitude and understanding to Envy?

Example Answer: "The tightness in my throat releases and moves into my heart. It settles peacefully in my solar plexus, where I can finally identify with my own power again."

What truth does Envy reveal about your worth or identity?

Example Answer: "That my value doesn't depend on comparison. My journey is perfect for me, designed by God, and I am worthy of my own miracles."

How can you turn comparison into blessing?

(What words or actions help you celebrate others while honoring yourself?)

Example Answer: "I can consciously bless what I envy. When I celebrate another's light, I declare there is enough light for us all. Every blessing I witness affirms abundance for me too."

What mantra, prayer, or truth statement dissolves Envy for you?

Example Answer:

"I bless the good I see in others, for it reminds me of the same goodness growing within me."

"There is no lack in God's design, only timing and purpose." "I am enough, I have enough, I do enough, and I am deeply grateful."

Closing Reflection

Place your hand on your heart and repeat gently:

"The light I see in others is the reflection of my own soul remembering itself."

Allow gratitude to fill the space that comparison once occupied. Feel your breath expand, the throat open, and your heart rest in divine contentment.