# Jealousy, Envy, Resentment, Oh My!

Such unsettling and uncomfortable emotions. They're unbecoming, painful and oh so unnecessary. Yet, sometimes they get such a grip on us.

Katherine was a retired librarian of 50 and was just entering menopause when she found herself experiencing envy every time she went to her in sister-law's house. Her sister-in law was thin, had a beautiful home and a fascinating career. Katherine actually liked her, but just couldn't resist the sensation of envy, jealousy and sometimes hatred. Katherine had nothing to be jealous about. She had three beautiful children, a loving husband and a house to be proud of. Nonetheless it became a struggle to visit her in-laws. Yet, she had not always been this way.

Of late, Katherine was also experiencing hot flashes that woke her most mornings and a restricting sensation in her throat. Her familiar old contentment was replaced by these menacing emotions and sensations. Her neighbor had recently mentioned that she had seen a homeopath for her menopausal symptoms of wakefulness and hot flashes and that she has been free of them since. So, Katherine thought she'd give it a try.

When Katherine listed all of her symptom at their first meeting, the homeopath explained that her indications of hot flashes and throat sensations were related to her plaguing thoughts. Because homeopathy views the person as a whole, it was important that these be considered. "You mean my thoughts are considered symptoms", she queried? The homeopath explained that if her thoughts were balanced they would not be considered part of the illness, only characteristics. However, when our thinking is askew and our thoughts become plaguing, then they must be considered out of balance. This made sense

to Katherine because she certainly felt her thinking had gone haywire and hoped to retrieve her old comfortable and confident self. Could a remedy do this? She looked forward to the process.

The remedy chosen was Lachesis. Within the first week, Katherine's hot flashes abated. The following week, she noted that her sleep was restored. But most remarkable of all was that just before she returned for her visit to the homeopath, she realized that the jealousy was gone. "I mean really gone!" she emphasized. In fact she and her sister in-law had been out to lunch and she was looking forward to their next planned outing. Instead of envy, she wanted to learn as much from her as she could. She wanted to know how she kept her figure so slim and how she chose such a beautiful color for her dining room. These questions represented a different thought process that was no longer ugly, menacing. This is they way Katherine used to approach life. The more Katherine thought about it, the more significant the changes appeared to be.

Katherine felt balanced and repaired. No side effects, no covering up of symptoms, no postponement of the issues. Just back to normal. Now this is medicine of a different sort. Homeopathy, medicine of integrity and promise.