

THE ANCESTRAL WATCH · A DAILY PRACTICE

The Envy Protocol

Turn comparison into direction.

Comparison is the modern wound — the scroll that leaves you smaller than it found you. Three moves turn the sting into a compass. Two minutes, whenever it bites.

1

Name the exact thing.

Under the envy is a specific want. Say it precisely — not “their success,” but “the freedom in their week” or “the ease in the room.” Naming it shrinks it to something you can act on.

2

Separate it from the person.

Their having it takes nothing from you. Bless them honestly — the frequency you resent is the very one you're trying to reach. Resentment jams the signal.

3

Take the one small step.

Convert the ache into a single action toward the named thing, today. Send the email. Book the hour. Direction dissolves envy the way movement dissolves cold.



The more you help, the more you are blessed back. Blessing is cargo, not verdict.

Drawn from The Ancestral Watch. Adapt it to your own life — take the timeless principle, leave what isn't yours.