

## Lesson 1: Begrudge

### Invidia



### Envy, jealousy

For once in your life, be honest with yourself.  
And sit in your room and envy.  
Because you are quite right.  
There is much to begrudge.

*Begrudge another his opulence, his wealth...*

Because others have bank accounts, shares, inheritances, capital houses, estates, swimming pools, tennis courts, golf courses, second, third and fourth homes, several mistresses or lovers, each well looked after in their own flat, sailing yachts, aeroplanes, football stadiums, Mediterranean islands, butlers, kitchen staff, ornamental gardens with ornamental birds and ornamental gardeners, sculpture gardens, art collections, rooms full of antiques and design, several large cars (and a small one for shopping), a wardrobe in a wardrobe room that fits your entire house, the very latest electronics, good lawyers and good accountants, the best educated children, the most wonderful hobbies.

When they want to go to the Opera in Vienna or the Scala in Milan, they do it. A dinner in Tokyo? A nightclub in New York? No problem. A sailing trip along the coast of New Guinea, culminating in a cannibal dinner? Within reach. Winter sports? Gladly, but only among your own kind. One simply buys oneself out of the common people and lives comfortably among equals. Forever away from the masses in a comfortable home.

Who does not long for that?

*Begrudge another his freedom, his adventure.*

Because others have courage.

*Begrudge another his skills, his ability.*

Because others have knowledge that you do not have. About the operation of the diesel engine. About how to build a hotel circuit. About woodworking and dovetailing. About typography. About the works of Immanuel Kant and their relevance to modern psychology. About aeroplanes. About all battles since 1786. About quantum physics.

Others have skills that you do not have. They can weld and solder. They can drive cranes and rollers. They can turn a pile of clay into the most beautiful pots. They can carpenter. They can grow carnivorous plants. They can maintain a space station. They can tell iron ore from copper ore. They can scuba dive in the deep sea.

They have skills that you do not have. They know how the world works. They know the proof of God. They can solve equations. They can see through the human soul. They can predict the future with great accuracy. They understand themselves.

*Begrudge another his body, his health.*

Because others have a more beautiful body, more beautiful hair, more beautiful hands, more slender feet, more shapely breasts, the right nose, eyes in the ideal colour, slim legs, a flatter stomach, an angelic buttock, beautiful nails, refined ears, a mouth that everyone would like to kiss, plus a pearl of a navel.

And all this is perfectly healthy. The metabolism works perfectly, the blood flows where it should, the breath does not rattle, the skin shines, the kidneys do their daily work. Viruses, bacilli and bacteria fly away, the evil eye looks the other way, health insurance companies beg for their clientele, but doctors put these people on their black list.

Surely, then, you cannot help but envy them, you ramshackle bastard?

*Begrudge another his happiness, his harmony.*

Because others have a beautiful, loving and loyal partner. They have wonderful children who are not allowed to appear in TV commercials because that would be too incredible. They have a good job, with wonderful prospects and a pension that is stable in value. Also an extensive and blissful sex life (with that loving and faithful partner? Doesn't matter, all the more enviable, right?) And good friends who are always ready to help (for example as a babysitter for the precious children they love to take care of, just like the dogs, cats, horses, goldfish, hamsters, chinchillas, white mice, bats, barn owls, worm snakes, armadillos, toucans, crocodiles, ferrets, fish otters, ostriches, or any other pet, it doesn't matter to them).

Still, envy their family outings without a whimper, their reciprocal tenderness. The sensitivity with which he treats her, and she treats him. That intense mutual understanding, that shared care, the rapport with which in the evening the daily worries are settled, the wordless understanding where a glance is enough, where a twitch of the corner of the mouth is enough to make everything clear that needs to be clear.

*Begrudge another his talent, his spirit.*

For others have abilities that you do not have. They can enchant others with words, with sounds, with colours, with body movements. They stand on stages and transport you to unimaginable worlds. They reflect on canvases and crush you with emotions (you know they are played, but they crush you). They make you laugh, even hoot, they can move you, sometimes frighten you, keep you in suspense. Sometimes they make you cry because deep inner cores are touched. You see things that take your breath away. You read things that make you dream. You hear things that take you heavenward. Your senses are played like the strings of a violin, played by a great violinist. You do not control yourself with rapture. You admire, you adore. Is it not enviable to have such power?

Don't be hypocritical and say, "I want the best for everyone".

It is not true. Your heart dislikes you no matter how much you say otherwise. Be honest and give in to your envy.

Chew your tongue in envy, make wax dolls of the lucky ones and stick pins on them, smear green soap on their marble steps, try to rob them, swindle them, bewitch them.

Belittle what you can, trivialise everything the other does and inflate your own achievements into colossal balloons floating high above the dripping earth

Make fun of the others wherever possible, berate them, make them suspicious, call them names in public or send them anonymous letters.

Betray their secret lives, advise every married woman to leave their husband (that guy). Then seduce that same man to reinforce your words. Or seduce the married woman, alienate her from husband and children and leave her hopeless...

***Mission: poison other people's happiness for the sake of your own and feel like a full and happy human being.***