

3.2 JEALOUSY

WISE SAYINGS

Love is patient and kind; love is not jealous or boastful; it is not arrogant or rude. Love does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrong, but rejoices in the right. Love bears all things, believes all things, hopes all things, endures all things.
(St.Paul)

Where there is form there is shadow; so where there is human love there is jealousy.
(Hazrat Inayat Khan)

From Discourses of Sai Baba

ONE SHOULD ESCHEW JEALOUSY

In the ninth canto of the Bhagavad Gita, Krishna tells Arjuna, "Oh Arjuna, be free from the evil of jealousy. Become one who has no jealousy."

A person free from jealousy can convert Divinity itself into a little babe. And this is illustrated by the story of Anasuuya (one who has no jealousy). When Brahma, Vishnu and Maheshwara, came to her to test her chastity and purity, the three Divinities were turned into infants by the power of Anasuuya's purity. By freeing oneself from jealousy, one can even conquer the qualities of purity, passion and inertia (Sathwa, Rajas and Thamas). Jealousy not only does harm to others, it is also self-destructive. For the man filled with jealousy, there is no sleep and he cannot even eat heartily. It is like a consumptive disease which weakens the person from inside. It is a wasting disease which is widespread in this Kali Yuga (age of conflict). It is because of jealousy that man is a prey to peacelessness. (060984)

Jealousy is the source of great danger. No matter how great a scholar one may be or a man of authority and position or one may have acquired great virtues, when once one falls prey to jealousy, one loses everything in life. Here is a green tree full of blooming flowers. A pest enters this tree and destroys it in a short time. The pest is not visible as it eats away the roots of the tree. Jealousy is like the pest. A jealous man is not happy to see the happiness, health, wealth or higher performances of others. The feeling in a person that no one should excel him in life is the root of jealousy. Jealousy has three sons. They are desire, anger and hatred.

It is jealousy that causes the fall of man. Therefore, one should eschew jealousy. Jealousy is totally contrary to the culture of Bharat. Bharatiya culture has always considered humanity as one entity. That is the import of the Vedic prayer: "May we be protected and nourished together! May we perform heroic deeds! May we be filled with divine effulgence. May we never have any hatred between us! Om, peace, peace, peace". (270499)

Fortunate people get a chance to undertake sacred deeds in close proximity to the Divine. But those who do not get such an opportunity should not entertain any jealousy that others have received what they have not. The most incurable disease of all is jealousy. Cancer may have a remedy, but not jealousy. Cancer may be cancelled, but jealousy has no remedy whatsoever. Jealousy would frustrate and depress one to such an extent that one would perish in the process. *(241198)*

Jealousy expresses itself even in the form of finding faults in the Divine. It manifests itself in many forms. If one has earned a better name than others, jealousy develops towards him. Some people are even jealous of those who are more handsome than themselves. The jealous person cannot bear to see anyone who is better placed, more handsome or prosperous than himself. This is a sign of human weakness.

Once jealousy takes root in a man's mind, in due course it destroys all his other achievements. It promotes demonic qualities. It dehumanises the man. It reduces him to the condition of an animal. Because of its egregious evil tendency, jealousy should be rooted out from the very beginning. You must learn to enjoy seeing another's prosperity and happiness. This is a great virtue. *(060984)*

TWIN EVILS: JEALOUSY AND HATRED

Today we find jealousy and hatred dancing like devils all over the world. People with jealousy and hatred are pursuing the wicked path and bringing ruin on themselves. The best example for this is the Kauravas in Mahabharata. The brothers Duryodhana and Dussasana were the embodiments of the twin evils of hatred and jealousy. Krishna told Dharmaraja, the eldest of the Pandavas, that the Kauravas who were surcharged with these evil qualities could never improve and imbibe human qualities. Karna who was the embodiment of ego joined their company with Sakuni as the evil adviser adding fuel to the fire. Though Duryodhana and Dussasana were born in a notable royal family, they discarded the human qualities due to jealousy and hatred and brought ruin to the family and the clan. Krishna added that jealousy is a dangerous canker that eats at the root of the tree of life, while hatred is a pest that attacks the trunk of the tree. Thus the tree of life is completely destroyed by both these pests.

One may raise the question as to how to get over these dangerous pests of jealousy and hatred. Buddha was once confronted by a woman who was full of jealousy against Buddha because of his great popularity. When Buddha came towards her she expressed her wish to attack him with a knife and kill him, but Buddha smilingly told her, "I love you too demoness". This surprised the demoness who thought nobody would love her and changed her heart instantly; she became a dove and surrendered at His feet. Anger begets anger and jealousy begets jealousy. The only way to conquer this is the sense of Unity and Love. *(010194)*

The cultivation of good qualities implies getting rid of all bad qualities. Among the latter, two are particularly undesirable. They are jealousy and hatred. These two bad qualities are like two conspirators, one aids and abets the other in every action. Jealousy is like the pest which attacks the root of a tree. Hatred is like the pest which attacks the branches, leaves and flowers. When the two combine, the tree, which may look beautiful and flourishing, is utterly destroyed. Similarly, jealousy attacks a person from inside and it is not visible. Hatred exhibits itself in open forms. There is hardly anyone who is free from the vice of jealousy. Jealousy may arise even over very trivial matters, and out of jealousy hatred arises. To get rid of hatred one must constantly practice love. Where there is love, there will be no room for jealousy and hatred and, where there is no jealousy and hatred, there is real joy. This joy reveals itself in beauty. It has been well said, "A thing of beauty is a joy forever." If you see beauty in anything, you will derive joy from it. But what is it that one should seek which will be the source of permanent joy? Only God is the embodiment of beauty that is the source of everlasting joy. (060984)

The man filled with jealousy and hatred is a blind man who cannot see the sun however brightly it may shine. He cannot see God however near God may be. Blinded by ignorance, the man filled with jealousy and hatred cannot hope to see God, like a blind man groping for something which is near him. The man filled with good qualities like truth, love, absence of jealousy, ego and hatred, can see God without searching for Him. He becomes a man of spiritual wisdom. It has been well said: Death is sweeter than the blindness of ignorance. Students, who have to develop their character and conduct during their youth, should give no room for evil traits like jealousy. They must feel happy when other students do well in studies or sports. To feel jealous towards a student who has come first is a threefold offence. The first offence is one's neglect of studies; the second offence is to entertain jealousy towards the better student, and the third is to lament over one's own failure. Students should not have such narrow ideas. They should learn a lesson from Dhuryodhana's fate. Because of his hatred and jealousy towards the Pandavas, he brought about the complete ruin of himself and his family. (060984)

JEALOUSY AND EGOISM

Before you undertake any activity, you must examine whether it is right or wrong, whether it is good or bad. When such an enquiry is being made, sometimes an evil force enters. It is jealousy. It clouds your vision. This jealousy has an evil companion called egoism. This ego is constantly seeking to dominate the body and the mind. These two evil elements are always seeking to establish themselves, especially in the minds of the young. Every effort must be made to give no room for them. (070888)

Jealousy and anger are the twins born of the Mother self-conceit. Destroy the twins, and take 'the hot taste' of the self-conceit and keep it simply as 'I', so that you can get the thrill of "I am Brahman" with that instrument. That is the stage to be reached, the height to be scaled. 'The hot taste' in the 'I' is like the single seed which, if allowed to sprout, multiplies a

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thousand-fold and produces many bags of seed. It has to be crushed in the very first instance. Then the analysis of the 'I' starts and ends in the conclusion: "This 'I' is the Atma, which is Brahman." The two - That and This, Thath and Thwam - are identified and 'This' is found to be only 'That', when Thath Thwam Asi (Thou art That) is realized. What is this thing called Thath, the That? What is Brahman in other words? The fourth Mahavaakya (sacred statements of Supreme Truth) declares: "The Highest Wisdom" - Unity, One. **(201061)**

Do not feel jealous of anyone. Jealousy is an incurable disease. Praise and censure are inevitable for man. Only the tree that bears fruit is stoned. Likewise, only the good face problems. Do not attach importance to these trials and tribulations. The tree welcomes stoning because it is aware of the fact that people have recognized its value. Similarly, man should not feel dejected when he is censured. Treat dualities like pain and pleasure with equal-mindedness. Develop this broad-mindedness. Divinity blossoms in those with such a sacred attitude. Krishna declared: "All are sparks of My Divinity". Do not consider yourselves as mere mortals. Have firm faith that you are divine. **(221198)**

DESIRE BREEDS JEALOUSY

There are others who don't feel happy if they see others happy; in fact they grow jealous of others' happiness. They will always be looking for faults in others and criticising them. They cannot tolerate other people being happy. Thereby they ruin all aspects of love in themselves. Just as a cow feels jealous when a cuckoo sings well, these people feel jealous at others' attainments. Just as the crow ridicules the swan, these people ridicule good people. They are in the lowest level of love.

In every tree of life, love is present in the form of sweet juice in its fruit but this is covered by a skin called desire. Hence we are not aware of the sweet juice in the fruit. Only those persons who remove the skin of desire and throw away the hard seeds of anger and jealousy, can enjoy the sweet juice of the fruit of Love. When one throws away seeds of likes and dislikes and removes the skin of desire, he can enjoy the Divine Love, which is sweetness personified. **(230182)**

Jealousy is rampant to a considerable extent amongst people today. This is the root cause of anger, hatred and other evil qualities. If a person owns a car and travels in it, don't be jealous. Satisfy yourself that you have your legs to help you walk. If one is in a big house, don't get jealous. Be contented and happy with the dwelling place you have, though small. You should thus kill jealousy. Jealousy is contrary to human nature. Virtues and vices are reflections of your good and bad thoughts. The physical heart is on the left side while the spiritual heart is on the right. This will help you in the right direction. It is compassionate. But man breeds desires which contaminate the heart. These should be checked and restrained to a limit. **(170498)**

Society today is racked by jealousy and hatred. Jealousy is a disease, which gives rise to hatred. Develop forbearance and goodwill. That is the cure for jealousy. **(181195)**

No enemy can be so insidious as jealousy. When one sees a person more powerful, or more knowledgeable, or with greater reputation or more wealth or more beauty, or even wearing better clothing, one is afflicted with jealousy. One finds it difficult to acknowledge and accept the situation. One's mind seeks means to demean them and lower them in the estimation of people. Such propensity and evil tendencies should never strike root in the minds of students and the educated. These should not pollute their character. Students must learn to be happy and filled with joy when others are acclaimed as good and are respected for their virtues and the ideals they hold dear. They have to cultivate breadth of outlook and purity of motives. They must be ever-vigilant that the demon of envy does not possess them. That demon is certain to destroy all that is precious in them. It will ruin their health and damage their digestive system. It will rob them of sleep. It will sap their physical and mental stamina and reduce them to the state of chronic consumptives. Students must resolve to emulate those who do better than themselves and earn equal appreciation. They should strive to acquire knowledge and score marks as much as others. That is the proper ambition. Instead, if they wish for the downfall of others, leaving them as the only successful one, they are revealing their brutish nature. It will lead them to perdition. It is a deadly virus. **(Vidya V 78-79)**

BANISH JEALOUSY WITH LOVE

You will have to get rid of the animal qualities of ego, jealousy and hatred and develop human qualities of love, truth, sacrifice and happiness. Consider pain and pleasure as passing clouds. Happiness can be attained only by union with God. Worldly pleasure is transient. By nourishing good feelings in the heart you can transform yourself from bad to good. This is called Sanskar (sublimation). It is akin to converting paddy into rice to make the grain fit for preparing food. **(110494)**

Everyone should strive to rid himself of egoism, jealousy and hatred. This elimination cannot be achieved by mere study of books. Constant effort is required. By cultivating love and dedicating all actions to God, these evil traits have to be got rid of. As long as jealousy remains, to the slightest extent, it will destroy every good quality in us. That is why the Geetha teaches that the total elimination of jealousy is a primary requisite for the spiritual aspirant. **(060984)**

Remember, when Prema (Divine Love) is installed in the heart, jealousy, hatred and untruth will find no place there. Live in Prema. Live with Prema, move with Prema, speak with Prema, think with Prema, and act with Prema. This is the best and the most fruitful Sadhana (spiritual practice). Do not want Prema from others, while yourself refusing Prema to others. This is not a one-way traffic. Love to all should spontaneously flow from your heart, and sweeten all your words. **(300373)**