

Lesson 14: Jealousy

Objective: To understand and learn how to deal with jealousy

Silent Sitting:

Discussion: Lord Krishna identifies the six-fold enemies with the mind as desire, anger, greed, delusion, pride, and jealousy. These enemies cause discomfort and sorrow to oneself and others. They also hold back one's emotional growth and maturity. To overcome these enemies we have to first recognize their presence in the mind.

Jealousy

- Sanskrit word *matsarya* means jealousy.
- Jealousy is a feeling of wanting something that another person has and resenting the person for having it.
- We all have this feeling one time or another. It arises from comparing oneself to another.
- Once it arises, it is difficult to get rid of. It is like a fire, it consumes you.
- To deal with jealousy we have to deal with it in the early stages.
- Everyone has desirable qualities. When we look only at the desirable qualities in others and compare those with our own, we may feel that the other is superior. This is a wrong conclusion.
- One can deal with jealousy by practicing —*pratipaksha bhavana* - **deliberately thinking of the opposite. Invoke positive thoughts and feelings about others' accomplishments and gains.**
- Appreciate the grace of the Lord in whatever is given to you because of your actions.
- Everybody is different, and what is special about one person isn't the same as what is special or unique in you.
- Realize that everybody has different circumstances in their life. For example, your friend might have a video game that you really want, and you might feel jealous. However, you probably have some possession or quality inside you that they don't have. Circumstances don't make someone better or worse.
- **The best thing to do is to be the best person you can be, act with dignity and respect, and work hard. If you try your best and be a good person, there won't be any need to feel jealous.**

JEALOUSY BRINGS RUIN

Madhav and Keshav were two farmers living in the same village. Madhav was intelligent hard working and always contented and happy. Keshav was lazy, worried, and sad. He was so jealous of Madhav that the sight of happy Madhav would irritate him. He would even pray to God for Madhav's downfall.

But, God seemed to be kind to Madhav who wanted that everyone in the village should be happy like him. Once after many weeks of hard work in his garden he produced a huge pumpkin of rare variety. Its skin had the seven colors of the rainbow on it. It had the pleasing scent of the jasmine flower and it tasted as sweet honey. Above all, it had four legs; a trunk and a tail, which made it, look just like an elephant.

Madhav felt that this wonderful pumpkin would be worthy present to the king. So, he took it to the palace and placed it at the king's feet as his humble present. The king was so pleased with this rare present that he gave Madhav a live elephant as a royal gift.

When Keshav heard this news, he became so jealous of Madhav that he had no wink of sleep that night. —"I must please the king much more than Madhav has done," he went on thinking. —"That will make the king give a more precious royal gift than he has given to Madhav. If a vegetable elephant could please the king so much, a live elephant would please him still more. He may in return give me a village or two and make me a big zamindar."

The next day Keshav sold his farm, cows, bullocks, sheep, and goats. With all the money he thus got, he purchased a big elephant and took it to the king. The king could not understand why a village farmer should present to him an elephant. So, he asked his wise minister to look into the matter and to advise him about a suitable gift to the farmer.

The wise minister had a chat with Keshav. Within a short time, he found that jealousy had prompted Keshav to present an elephant to the king. So he went to the king and said, "My lord, you gave a nice elephant to the earlier farmer for a pumpkin. So, now you may give this farmer a nice pumpkin for his elephant.]]

When Keshav received an ordinary pumpkin as a royal gift, he was completely heart-broken. He had sold away all his property and he was now a ruined man — all because of his own jealousy.

QUESTIONS:

1. What difference do you see between Madhav and Keshav? Who do you like more? Why?
2. Why did the minister make the king give only a pumpkin to Keshav?

Activity: Scrapbook page for Jealousy

Name: _____

Lesson 14 Homework

1. Have you ever been jealous of someone? How did you handle your emotions without hurting the person?

2. Has anyone ever been jealous of you? How did you find out? What did you do to resolve the issue?
