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The Effect of Jealousy on People

There are Twenty-six good deeds and one hundred and seventy evil deeds that are listed in *the Taishang Ganying Pian* as the standard for pursuing good and avoiding evil. Among them, jealousy is one of the evil deeds. If people want to seek good luck and avoid disaster, jealousy must be get rid of. My presentation will be divided into three parts. First I will briefly explain Definition of jealousy. And then, it is Causes and Effects of Jealousy. And it will end with Ways to get rid of jealousy.

Definition of Jealousy

According to *Guoyu Huoyong Cidian*, the word of 妒忌 means that people hate others more than themselves¹, which is jealousy. According to the Dictionary of Psychology, jealousy is a complex emotional state composed of shame, anger, resentment, etc., which results from comparing with others and finding that one is inferior to others in terms of talent, reputation, status or situation. In the article ‘Study on Cultural Adaptation of College Students' Negative Emotions By Chinese Traditional Culture’, it is mentioned that the jealousy of college students is mainly reflected in the jealousy of others' virtue, talent, ability, fame, jealousy of wealth and appearance². In fact, not only college students, but also the elderly, children and young people will be jealous such this. Jealousy is always directed towards those whom we think are more capable than we are, but not so much towards those who are less capable. Jealousy is most

¹ *Guoyu Huoyong Cidian* 國語活用辭典(Taipei: Wunan Book Publishing Co. LTD,2004),p.525.

² 劉桂榮:<Study on Cultural Adaptation of College Students' Negative Emotions By Chinese Traditional Culture> 大学生负性情绪问题的文化调适研究 ——基于中国优秀传统文化资源-文献详情 https://search.cn-ki.net/doc_detail?uid=51d36ae3-ed21-4ca2-8592-d7e7e98c3908, 6 June 2022.

likely to strike at the thought that those who are similar in every way have surpassed them in some way.

In the West, there is a saying of the green-eyed monster, which comes from Shakespeare's tragedy 'Othello'. Shakespeare described person with jealousy as a sick person. Because jealousy can cause great harm, so jealousy is also one of the seven deadly sins of the Christian church. Next we look at the causes of jealousy and the harm it brings to people.

Causes and Effects of Jealousy

Taishang Ganying Pian Huibian says that jealousy is possible for both men and women. A man will be jealous when he sees other's fame, position and ability is better than himself. All because of narrow-minded soul. As for women competing for favor and jealousy, they often bring disaster to the family, and may lead to they without issue. Jealous people are hated in life, and they will fall into hell, the three evil paths after death.³

In general, jealousy arises because of a narrow-minded attitude and a sense of insecurities, and it brings great harm to people. First, when people are jealous of others, they experience negative emotions such as anxiety, fear, distrust, anger, etc., rather than happiness. So jealousy can make people lose their happiness. When people have negative and negative emotions, it must have a certain impact on the heart and the body, so it is harmful to people's health.

³ *Taishang Ganying Pian Huibian* 《太上感應篇彙編》 [in Chinese] (Hong Kong: Buddha Education Association of Hong Kong, 2013), p.860.

Furthermore, jealousy can lead to deterioration in relationships. Jack Lewis's book contains a story: Mary Konye and Naomi Oni both went to the same school when they were 12 years old, and the two became crony. later, Mary was jealous of Naomi's beauty. On December 30, 2012, Mary was waiting for Naomi to go home from get off work. On a rather quiet and secluded road, Mary took out a bottle and threw acid on Naomi's face. The concentrated sulfuric acid burned her skin, causing painful chemical burns to her face and chest, and permanent damage. Envy was at the heart of this horrific crime⁴. It can be seen that jealousy can make people lose their minds, cause people to destroy good relationships and even inspire destructive atrocities.

As mentioned above, a woman's jealousy often affects their posterity, causing her have no children. In fact, it is not just women. During the Warring States Period, Li Si, the prime minister of Qin, was jealous of Han Fei's talent and ability. He framed Han Fei in front of the King of Qin and instructed people to send poison to Han Fei in prison. Han Fei was poisoned to death. And Li Si's final ending was very tragic. He and his son were both beheaded in half, and the Li family was nowhere to be found.

Furthermore, jealous people will suffer in the three evil paths after death. *Taishang Ganying Pian Huibian* records that Xu Bian's uncle was the county magistrate of Hucheng. One day, Xu Bian dreamed that he had arrived at a place where there were ten stone mills, and there were countless women beside the stone mills. The stone mill will rotate automatically, and the pawns use a big broom to sweep the women into the

⁴ 為什麼我們嫉妒？從情緒發展的科學看嫉妒的意義 | 傑克·路易斯 (Jack Lewis) / 獨評讀好書 | 獨立評論 <https://opinion.cw.com.tw/blog/profile/390/article/11358>, 6 June 2022.

holes of the stone mill. When they come out of the stone mill, flesh and bone are broken to pieces, their pained screams are unbearable to hear. Xu Bian saw his aunt among these people and asked what crime she committed to come here to receive such a punishment. His aunt said it was because she was jealous of others during her lifetime⁵. It can be seen from this that jealousy not only harms others during life, but also has endless pain after death.

Ways to Get Rid of Jealousy

The harm of jealousy is so great, how to get rid of jealousy? In ancient China, there was a saying in the time of Emperor Liangwu that there was a prescription that prevents jealousy. It may not be verified now, but the generation of all emotions must be related to people's bodies. There are records about jealous people in the *Huangdi Neijing*. It record that 「見人有榮，乃反慍怒，心疾而無恩。此少陰之人也。」⁶It basically says that seeing that people are honored, they are sullen and without grateful heart. Such people are Shaoyin people. That is to say, jealous people are classified as shaoyin people in the traditional Chinese medicine. And it also said that 「陰陽和平之人，居處安靜，無為懼懼，無為欣欣，婉然從物，或與不爭，與時變化，尊則謙謙……」⁷The basically means is a very healthy person, that is, a person whose body's yin and yang are at peace, will live quietly, do nothing to fear, do nothing to rejoice, follow things gracefully, or do not contend, change with the times, and be respectful

⁵ *Taishang Ganying Pian Huibian* 《太上感應篇彙編》 [in Chinese] (Hong Kong: Buddha Education Association of Hong Kong, 2013), p.862.

⁶ 黃帝內經：靈樞經：通天 - 少陰之人 - 中國哲學書電子化計劃
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⁷ 黃帝內經：靈樞經：通天 - 少陰之人 - 中國哲學書電子化計劃
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and humble. If people want to adjust body to a healthy state. In ancient times, those who made good use of acupuncture and moxibustion were able to treat them. It can be seen that, if we want to eliminate jealousy, on the one hand, we can start from the physical aspect.

On the other hand, we should start from the spiritual side. When people are jealous of others, they will be accompanied by fear and anxiety. They have no self-confidence and no sense of security, so they are easy to envy others, so improving sense of security and confidence is one of the solutions. Second, we must know the dangers of jealousy, and the benefits of not being jealous. Many of the disadvantages of jealousy have been described above. People who harbor jealousy will endanger themselves and others, not only suffering in life, but also suffering endlessly after death. People who are not jealous are like Bao Shuya who can recommend talents for the country, and their later generations have been very rich for more than ten generations. As the saying goes, a family of good deeds must have luckiness. And without jealousy, our body and mind will be at ease. Furthermore, we must know that the reason for jealousy is due to our narrow-minded attitude, so we must first broaden our minds. If we treat everyone like family. If not only do we have to be good to our own family, but also to the families of others. If we can see the strengths of others as our own, then there will be no more jealousy and we even can admire and commend them.

Therefore, to eliminate jealousy, we must start by changing misunderstandings and establishing a correct and positive outlook on life.

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