

#### **MODULE 4**

**Class title:** Jealousy- part 2 (2<sup>nd</sup> part of a 2 lesson series)

**Aim of lesson:** To understand the concept of jealousy and its types

**Category:** Tazkiyah

**Class Format:** Power Point Presentation

Greeting to students) *AssalamalaikumwaRahmatullahiwaBarakatuh*

*(Ta'awwudh) Aoodhubillahi min AsShaytanirRajeem*

*(Tasmiyah) BismillahirRahmanirRaheem*

*(Du'a) Rabbishrahlisadriwayassirliamriwahluluqdatummillisaniyafqahuqawli*(Surah

At Ta-Ha 20: Verse 25-28

We were doing the topic of jealousy last week and we discussed it in great length so now who can tell me what jealousy is?

Student: To burn in agony over someone else's blessing

Teacher: Masha'Allah, precisely! One can be jealous of somebody's looks which includes hair, skin, complexion, height etc. It could be somebody's dressing and other material things like i-pod and Blackberry, cars and houses, someone's popularity or smartness.

We further discussed that how does jealousy initiate?? It starts when you start uttering phrases like 'how lucky she is', 'oh poor me' etc. Such indulgence in self pity should ring a bell in your system that the seeds of jealousy may have sown. Jealousy is a spiritual disease in which the focus is on other person's blessings and one gets logged on to. It could be a petty thing like someone's new earrings to a big thing like maybe someone's new car...so it must be treated for which we need to know its symptoms like any other physical illness for which we rush to doctors right? Today we will discuss the different stages of jealousy and try to find a cure. I need you to be very judgmental today but for a change, let's be judgmental of ourselves instead of others. Let us do introspection as we proceed in this class and try to analyze which level of jealousy are we at if ANY!

Slide 14 – 19:

We discussed the Cucumber Green jealousy last week which is the initial stage of jealousy in which a person utters phrases (or feels) which indicate self pity or sense of deprivation. The feeling is so subtle that one may not realize that jealousy has sown its seeds. When feeling this way, one should associate with Qur'an and realize that even if we get everything that our heart desires; we will still leave it behind and go empty handed in our grave. Such is the irony of this World and all its material possessions...Many grand nations have perished and we find mere traces of them. Ever heard of A'd and Thamud?? Allah (swt) says in the Qur'an that:

وَمَا الْحَيَاةُ الدُّنْيَا إِلَّا مَتَاعُ الْغُرُورِ  
Surah Al-Hadid 57: Verse 20

“And life of this world is only a deceiving enjoyment.”

It is a mirage. We feel that it is everything but it is not. So we have to perceive the World from Allah’s eyes to cure this disease, jealousy!

Slide 20:

The second level is the Apple Green stage. It must be understood that these names have been given for our understanding only. Apples or cucumbers have nothing to do with jealousy. However, green color is generally associated with jealousy; hence the phrase ‘turning green with envy’.

In this stage, the feeling of self deprivation becomes more intense so much so that one overlooks his/her own good qualities and is hooked on others blessings. This in turn creates a feeling of ‘inferiority complex’. Researchers have found that the root cause of inferiority complex is “ungratefulness”. You feel ungrateful for the things that you have which ends up hurting whom? Yourself...

Slide 21 – 24:

There is the Asparagus Green stage. In this stage one tends to develop negative attitude about Allah (swt) and is rather bitter. If that person sees someone with something that he/ she wanted, for e.g. good grades, instead of working harder to get them, he/ she would say, “why does Allah (swt) do this to me”? “Why doesn’t Allah (swt) give my parents truck loads of money so I could go for better tuitions?” “Had my complexion been a bit fairer and my nose a little less puffy, I could have looked like Catherine Zeta Jones”! “what does Allah have against me?” (God forbid) This complaining attitude towards God, parents, society and everyone around us becomes the escape route of a jealous person. I quoted a gist of hadith last week related to this, can anyone recall? For matters of the world look at the people who are? Yes?

Student: Look at the people who are less than you.

Teacher: Yes and in matters of *deen* look at people who are?

Students: above you

Teacher: So when we have negative thoughts about Allah (swt), we need to focus on this hadith that if Allah (swt) has given someone something and we don’t have it, then there are countless people around us also who have less than what we have. There are thousands of people in Karachi only who are living below the poverty line. Also if there is a halal thing that you wish to acquire like grades, good health, figure etc, then maybe a

better approach would be to work hard towards it but keep it in mind that everything is not attainable in this World. That's why Allah (swt) created Jannah . It is for us Insha Allah as long as we stay on the right path.

Slide 25 – 27:

This is final and the worst stage of jealousy when your heart burns in anguish so much that you want that blessing to be taken from that person and given to you somehow by hook or by crook. If I can't have it then he or she shouldn't have it too. At this point that person is really lethal because he is doing everything in his or her capacity to sabotage the other person with whom he or she is jealous of. When the jealous person burns in the fire of jealousy, he wants others to burn too.

For example if somebody doesn't have a son while another in the family is blessed with one, the jealous person cannot digest this. He/ she is unable to rejoice what he is blessed with and wants to cause pain to the person he is jealous of so what he does is that he prays that either something fatal or deadly happens to their son and if not then at least that son turns out to be so disobedient that he is a cause of severe torment for parents.

A jealous person speaks ill of the blessings of others in public and maligns it and in private prays for its demise (which we call in urdu as '*Bud dua*') If someone is jealous of another's riches, she would criticize the source of income as '*haram*' and if those rich people suffer a loss of any sort, the jealous person achieves happiness and sense of satisfaction from it. That person spreads rumors and gains satisfaction when they spread like wildfire and the person he is jealous of becomes victim of vicious gossip.

Teacher: Why is this stage lethal and most destructive?

Student: Because you are not just in agony yourself, you want to inflict pain on others.

Teacher: Yes, this creates social discord, severing of relationships and many such vices.

Slide 28:

There is a *hadith* which tells us;

“Do not rejoice over your brother's calamity, because it is possible that he is saved from it and instead it overtakes you”. (Tirmidhi)

Slide 29:

Allah (swt) has given different blessings to different people according to His Infinite wisdom which we do not fathom at a certain point in time perhaps but we must accept it because if we don't accept it then the loss is ours.

Teacher: How is the loss of the jealous person eventually? When a person becomes so bitter, so jealous and there is so much hatred in that person's heart, it shows in the bitter attitude that inevitably develops. Who would like to make friends with a bitter person? No one! This is a social loss.

Then there is psychological loss because a jealous person never knows the serenity of heart and mind that comes from being grateful to Allah (swt). He is always plotting and planning. When he achieves one thing, he wants the other and since no one can have everything so he is continually seething and struggling.

Slide 30:

Of all the losses, worst is the loss of good deeds that a person acquires in life. Have you wondered why jealousy is referred to as 'fire'??

Slide 31

Keep the image of this *hadith* in mind. What are these by the way?

Student: fire burning.

Teacher: fire burning what?

Student: woods

Teacher: these are logs, so wood and the fire is burning them, and what stage? Have you ever seen the final stage of barbeque when the coal is burning?

Student: They turn red

Teacher: red and then they turn into ashes. All grey and smoky. When we continue to burn in the fire of jealousy, this fire turns our good deeds into ashes and they become weightless so the idea is to safeguard our good deeds. This is the idea. Why do we have to safeguard? If you are not worried about the accountability, then fine don't. Go ahead, be jealous, be lethal, bad mouth others, feel envious of them all the time but if you care about yourself then take heed.

Slide 32 and 33:

The good deeds that are so painstakingly acquired are all erased from our book of deeds one by one just as fire eats up wood and leaves it in ashes. Imagine an eraser erasing your notes from your notebook. It is something like that. This is not a sudden but a gradual process and if a jealous person does not refrain from it, then on the Day of Judgment, he will find himself devoid of all good deeds and there would be nothing to save him from the torment of hell fire. May Allah (swt ) save us from such fate . (ameen).

We all know that when we go abroad we need foreign currency. How would you feel if, upon reaching a foreign land, you look into your purse and find it empty of all cash and credit cards?? The foreign currency in the Hereafter are good deeds and if we don't have that, we have nothing. In this World, you may save yourself by calling up a relative or something but the Day of Judgment is a point of no return. There will be no relative coming to our rescue. We have to save ourselves by earning as many good deeds as possible. It's so difficult I feel to do good deeds in the first place. Praying five times, fasting in summers and *fajr* in winters aren't all that easy. Then again forgiving someone and moving on, sharing and refraining are trying jobs but we do them in hope for heaven. If we realize that they are being erased due to our jealousy, we should be on guard immediately and try to save them to our utmost capacity. Good deeds are the foreign currency which you are going to be using when you go to *jannah*, right so if you don't have them you don't have anything. This is all you are going to take with you when you die right.

Then another loss is that you earn Allah's wrath. Why do you earn Allah's wrath? Wrath is a strong word. Why is Allah (swt) so angry?

Student: because you're complaining, you are being ungrateful of His distribution.

Teacher: Yes. Did you happen to read this mail that was being widely circulated a while back? There was this big universe in which they had shown the milky way etc. There was a small circle for Earth in that galaxy. A smaller circle of Asia and then a miniscule dot for Pakistan. Now can you imagine what our place is? In that dot of Pakistan, if you try to put another mark for Karachi and then another for *Defence* in which you are currently in *Phase 2* and amongst so many others, if somebody is looking high up from there, what do you think you will look like to that person?? A dot at best or dust perhaps. However, we have the nerve to challenge Allah's commands and question His authority. We think we should have been the one to decide who should have gotten more beauty, who should have gotten more wealth, who should have been more popular, we think we should have been the judge. We think we are wise enough to decide but we are not.

So that's why Allah (swt) is really angry because we burn our good deeds with our own hands. All the blessing of this world they are going to end, today when you go home, if you ever have time before sleeping try to think. Today I was trying to think of one single blessing of this world, of one worldly blessing which can last forever and ever but I couldn't come up with a single one.. Go home today and if you can think of a single blessing which you think can last forever and ever, please let me know.

There is not a single blessing which lasts forever. Youth, it finishes. Life, it finishes. Happiness it is not eternal. Some day you are happy, someday you are sad. Popularity, somebody is popular today tomorrow somebody else is popular so all the worldly things,

they perish. So getting hooked on to one thing and wanting it, is of no use. You are just wasting your time, it is going to finish soon, even if you get it, after a while it's finished and obviously when you are planning and plotting and you are in anguish, you are burning all the time then naturally you are causing yourself mental pain and agony.

Slide 34:

Now how green are you. That's a test you are going to do to yourself. Now these are situations from your life, maybe you can relate to anyone of them.

Slide 35 to 48 read aloud while the students do self introspection of 'how green they are'.

Slide 49:

Teacher: No Jealousy allowed. Basically that's the conclusion that it is not a healthy emotion. It is a sickness of heart and like all sicknesses, it needs to be treated.

Slide 50:

Now how should we treat it? We know that sometimes we do get jealous, like all humans do, as long as we believe we are humans, if you feel that you are not, you are an alien, or something then ok you don't need the cure but for those who believe that they are humans, this is a natural tendency but it needs to be cured. It needs to be curtailed and we can't let it get to the worst level where it is going to burn our good deeds.

Slide 51:

The cure is that first you acknowledge that you have a jealous streak. You accept that yes I do get jealous sometimes. Instead of saying no no no, I'm an angel, I never get jealous of anybody, accept your emotions. This is the first step to overcome it.

Slide 52:

Some of us duck for cover and the cover is anger, frustration, or resentment. How do we show our jealousy? By being angry or by being frustrated which we discussed earlier, by showing bad mood.

Slide 53 – 55:

Now you make a list of all the blessings that you have, that you feel good about so that you know what your strengths are. If she has better grades what do you have? This is a practical way of dealing with it. Confront your jealousy head on.

Slide 56 -57:

Say *astagfar* for all that has happened. Pray to Allah (swt) that whatever happened, has happened, please let us start anew, and those deeds which have been erased please grant us back. Also pray that Allah (swt) give you *istiqamat*, the strength to overcome jealousy. Following is a nice *dua*;

“rabbana.....”. Have you heard of this prayer? We recite it all the time in *namaz* so we have to ask sincerely from Allah (swt) and we have to say *astaghfar* for our previous actions.

Slide 58- 60:

Look out for the root cause, work out if there is something specific you want or do you want everything that the other person has?? You actually need something, or your heart just feels like getting it? Make a list of things of you have that we have discussed earlier and if possible talk to any of your friend. Maybe some sincere friend will help you focus on your strengths and see things in a clearer light. Good friends often knock good sense into you. They make you see things that you tend to overlook so talking to a good friend also lets off the burden.

Slide 61:

Change your perception, remember the glass is half full, and don't look at the empty side of glass. You have things/ traits which she doesn't have. Ok so focus on those things instead. Don't get logged on, move on!!

Slide 62:

Keep good company. It means that do not try to continuously hang around with people who are in the race of the worldly things only. If you hang around with people who have an association with Qur'an they will guide you in the right direction. E.g. if you have party goers as friends, you will need lots of clothes and lots of gossip or chatting is essential for your 'coolness'. Try to change your life style a little because that peer pressure is really strong. Having good friends for company never harms anyone.

Slide 63:

Another way to cure jealousy is to give gifts to the person you are jealous of. It will cleanse your heart. Try it for yourself and see if it makes a difference. You don't have to give a *Gucci* sandal. You can give small things like maybe, bake a brownie or something or share notes perhaps.

Slide 64:

Pray for that person whom you have slandered in public or even if you felt strongly negative about him/her. Pray for that person's eternal happiness. You probably think that it is crazy to do things like that but some things are better tried than taken at face value. Try it a few times and see what it does for you.

Slide 65:

Praise them too. Now this is really difficult to do because it takes a big heart to praise the person you are jealous of. Sometimes we are so coy that we praise but in such a way that we highlight that person's bad points. This gives us the satisfaction that we crave and at the same time we rationalize that we were only doing them good by praising. E.g. I am jealous of this rich girl who is obese and everyone knows that she is fat so what I do is that while attending a wedding or some public gathering, I deliberately say that she has such a smart figure to which someone will state the opposite that she is a whale or something just as nasty. Now this puts the cherry on your pie and you feel content for a while.

Don't do this to yourself. You have to be sincere in your efforts. If that girl is fat, maybe there is something else in that girl which is really good. Maybe she's really smart, maybe she's got beautiful eyes so compliment on that. There is good in everybody, you just need to find it.

Slide 66 - 69:

Count your blessings as we have discussed in length earlier. Focus on the glass half full. Keep all expectations for *jannah* because there might be things that you will never achieve no matter how hard you tried or even prayed. This is because Allah (swt) with His Divine Wisdom knows what we know not. Maybe what you are asking for is not good for you or perhaps it is not the right time yet. Do not go around saying Allah doesn't give it to me.

Our Holy Prophet (pbuh) has advised us that in matters of the world, look at those who have less than you but in matters of *deen*, envy people who have more than you. Try it. Look at your servants; look at your chauffer or your driver's quarter where they sleep every night. Compare their room with yours and your maid's clothes with your own. They are also humans with hearts and desires. They did not ask to be born poor and neither were we given a choice. However the choice that we have is that whether you are and you do grateful *sabr*, or that you are ungrateful and you become jealous; this is all the choice we have.



Slide 70 – 72:

Learn about the blessings of *jannah* so that you are motivated when faced with difficulties. How and where will you learn about the blessings of *jannah*? Through an association with Qur'an. For a while you may be tempted by the blessings of others, but once you step out of the room and which room is that? Not this one. This is just a small room made in our mind and we are on logged on to it. When you step out of it, you will realize that you have been given a lot more. So expand your horizon, expand your perceptions, imagine the glass is half full too. Don't just get logged on, move on!

Slide 73-74:

While they are often used synonymously, envy and jealousy have different meanings.

Slide 75:

Envy is the desire for something that someone else has, or an ill will over another person's advantage.

"My envy of your success has made me bitter."

On the other hand, jealousy is a resentful suspicion that someone else has what rightfully belongs to the jealous person.

"Out of jealousy, he followed his wife."

"The favored treatment of son created jealousy in the daughter. "

Slide 76:

If you want to envy someone then only two people are worthy of being envied; one who has been blessed with money and generously gives in Allah's way and the other one who has been blessed with wisdom and knowledge and preaches it to others.

I know that this whole jealousy thing ; when it is starting, how do you stop and what level of jealousy you are on and how do you cure it seems daunting but it needs practice. Just like Maths equations, just like logs, just like algebra, just like trigonometry, it needs practice, practice and practice. Only then you'll be an expert at it. You'll know how to handle your emotions and how to change direction. There'll always be temptation as long as you are alive but you need to change your way of thinking and play win- win.

Student: The information you gave tells us what to do if we are jealous of someone but what do we do if we know that someone is jealous of us?

Teacher: very good question. If we know that somebody is jealous of you, you can try giving gifts, and if that doesn't help, try praising that person in public because you know

praise goes around too just like rumors do. That person is going to find out that yes this person praised me, so it will probably do some cleansing in that person's heart. Also if possible try to find out why is that person jealous of you? Maybe unintentionally you have done something which hurt him or her. So maybe you can talk it out. That might also help, but if you think you've tried everything, and it is not happening, this is going worse and he is continuing in plotting, planning and trying to hurt your reputation then keep away from that person's company as much as possible because there is nothing worse than a *hasid* person. I hope that answers your query.

Du'a for end of a gathering) *SubhanaRabbikaRabbulIzzati 'ammayasifunwasalamun 'alalmursaleen, walhamdulillahiRabbil 'alameen*

(Parting salutation to students) *AssalamalaikumwarahmatullahiwaBarakatuh*

#### References for Teachers:

- *Hasad* (jealousy) – Urdu Audio by Huma Najmul Hassan – [www.al-ilm.com](http://www.al-ilm.com)
- **Purification of the Heart**, signs, symptoms, and cures of the diseases of the heart, Translation and commentary of Imam Al Mawlud's *Matharat al Qulub*, Hamza Yusuf, Starlatch Press, ISBN 1-929694-15-6