



WEEKLY COLUMN in TORONTO  
CANADA

Melvin University with Me



### **I envy, therefore I am.**

I think the title is a little strange, but I thought it was good to remember, so I put it on as it is. In Korea, there is a saying, "My cousin (who is close to me) buys land and my stomach hurts!" Some of them are translated directly in English, but it is written in advanced English, saying, "I envy, there before I am," which comes from the Latin *Invidio ergo sum*. In other words, I am jealous, so I exist. In the end, the period of human beings, jealousy, seems to have existed for a long time.

When I was young, even in school, children who ranked first and second in their class were hated and jealous. It seems that it is human to fail to let others do well. There is an example that touches the skin more, and in the Philippines, there is a term called Crab Mentality. The content, or crab, is that you can go up and move on wherever you put it (barcaks or wooden bins). However, there is a condition that it is possible if the crabs under the stage do not pull. In the end, they can't go up because they grab and pull. It seems to be a good representation of one aspect of our human history.

Then why are we jealous of people who do well. In short, isn't it because the other person's success feels like my failure? Maybe it's because they feel like they're behind? A writer kept publishing bestsellers. Then, all the friends I had been close to recently left. He doesn't even contact his relatives often. So I asked my mother why, and she said, "You need to understand them, because you accept your success as their own failure." After all, jealousy is that I don't want to see others succeed, and it makes me feel like I'm failing. So a person named Bette Midler said, "The hardest part of success is finding someone who enjoys it together and is happy! He went so far as to say, "I'm sorry. I think it tells you what happens when you succeed.

Then, will you only give negative nuances like this! In fact, doesn't the Bible tell you to be with those who are happy and those who are happy and sad! It is often said that joy doubles when together and sadness halves when together. Is it so hard to bless someone close to you when you do well! In fact, there are people who have crab mentality, but on the other hand, there will be a lot of people who encourage and support.

Let's talk about complimenting others, for example. Scientists studying human brain activity reportedly investigated how praise affects the human body. Then, when complimenting others, there is a neurotransmitter called serotonin, which is involved in the regulation of human emotions, sleep, and appetite... It is also called the happiness hormone because it makes humans feel happy. In other words, when you praise others, you feel happy due to this phenomenon. As the researchers proceeded further, they looked at the "received compliment" and found that the same amount of serotonin was produced as the complimenter. However, further research showed that the same phenomenon appeared in the "third party" who was watching from the side to praise others. In the end, when there is a compliment, it gives happiness to both those who praise, those who receive the compliment, and those who watch it from the side.

After all, it seems really necessary to praise, encourage, and impress others. It has a ripple effect not only on the parties but also on their surroundings. "Do you want happiness? Do you want peace? Do you want a sense of accomplishment in life? ... If so, rejoice in the success of others."