

How to react to criticism and judgement



We have all experienced disagreements at various times in our lives. People (including us at times) can get carried away with their views and can say things that later on they might regret.

The ego wants to be right, to win, and to make the other person and their

opinions wrong. Rather than forgive, we blame. Instead of seeking peace, we denounce and judge. We want to have the last word, and we want people to take our side. It is a pretty common story, it's been going on for thousands of years, and if it is going to stop, then we personally need to get better at disagreeing. We can learn to do it respectfully, assertively, constructively and peacefully.

When things go wrong, if people pick on us, call us names or demonise us, we have a choice. We can do the same thing back to them, giving as good as we get, which gives the ego a lot of satisfaction! Unfortunately it shrinks our energy and causes our Atma or higher

consciousness to recede. The spiritually realised person seeks to transmute the negative energy, not adding our own energy to the conflict, but instead retaining compassion and respect for the beloved. Being able to retain a high vibrational response even when people are being unreasonable, judgmental, unfair, jealous, irrational, defamatory, vindictive and ungrateful is a sign of spiritual realisation. My view is that you never really know a person until you have disagreed with them!

*Namaste
Shakti Durga*