

Criticism...?

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- Difficulty dealing with criticism?
 - Offering criticism
 - Critiquing should be offered with defined goals and existing obstacles to overcome. Done with respect and compassion, criticism can be offered as an option for improvement and/or replacement of current modes of action.
 - Receiving criticism
 - Learning to identify critics as opportunity to grow in influence and capacity for management of actions over re-actions.

Criticism...

- Emotions are “habit energy”. Key points;
 - Learning to engage our Buddha consciousness to “edit” emotions from discussions. That means our emotions as well as their emotions.
 - Emotions are old ‘recordings’ from our repository karmic consciousness. They ‘color’ our perceptions and ability to develop inspirational actions.
 - With an ever developing 9th consciousness we can ‘hear’ criticisms as nurturing vision and offering criticism as compassionate action to elevate others.

Criticism...

- Opportunity to use Bodhisattva training in daily life. Key points;
 - Listening with compassion with “no-self”. Remove the ego or ‘self’ as the object of criticism. Criticism is always about actions, even when offered as persons.
 - The same is true when offering criticism. Be sure to inspire changes to methods via actions in general, without identifying particular persons.
 - If criticism is based upon universal Buddha potential, all people are motivated to Buddha-hood.