

Text SD 18: Instead of criticizing ideas or people, it is better to promote positive approaches

When we criticize negative aspects of the world, negative ideas or other people, we give them strength and energy. It is always better to approach recognized problems with positive proposals for solutions and to give them energy than to criticize and thereby strengthen what is criticized.

"Keep yourself free from unjustified criticism and judgmentalism! Human brothers and sisters who do such things do not know what they are doing. They do not realize God's plan to liberate, unite and spiritually perfect all creation. Pray for these brothers and sisters and show them through you how to realize the divine plan!" (Weidner 1994:90).

Criticizing groups or institutions that harm humanity can be right - if it is done with a pure heart and if it serves to find the truth. But it is always better to point to "truths, improvements in the God-willed sense, ... suggestions for the God-willed good" (Weidner 1995:117) and thus to give "impulses and germs for the spiritual progress of mankind" (Weidner 1995:117).

Criticism harms the one who expresses it (cf. Weidner 1982a:71): "For there is no positive criticism! So be tolerant! Thereby you will reap much more, and you will also learn more, and that is what you are on this earth for!" (Weidner 1982a:71).

"Do not be depressed by what the critic says. No monument has ever been erected in honor of a critic, but it has been erected for the criticized" (de Mello 1986:93).

"Always think beforehand and ask yourself, 'Do I have the right to criticize about another person?' For this creates a bond between this person you are criticizing and you; you create a bond for yourselves! If you do not break this bond immediately, and if a third person comes along, this can have bad spiritual consequences. ... Immediately ask the Father or Christ: 'I ask with all my heart, forgive me. Forgive me, I regret having said or thought such a thing!' And ask Jesus Christ: 'Please, bless this person to whom I have just sent such negative radiation!'" (Weidner 2003b:127).

"What then happens in you when you constantly criticize and condemn? Where does this have an effect, beloved brothers and sisters? In your soul vibration, namely in your earthly stomach area, there lies the seat of this spiritual power" (Weidner 2003b:128).

"By making unkind judgments, by condemning, etc., you corrode the courage and strength of such brothers and sisters. They become despondent, lacking in energy, hopeless or even conscienceless, and godlessness takes hold. By a quick negative judgment - i.e. by condemning, judging, corrosive criticism - you have your share in it! Because the brothers and sisters who are burdened by their karma are weak anyway. ... If you now say a derogatory word, cast a scornful glance at them, or even send them unpleasant thoughts, you have done your part to corrode their courage to live" (Weidner 2003b:238).

We should not criticize others in feelings, thoughts, ideas, or words (cf. Weidner 1986:49). Emotionally, we should always remain meek and calm. "And if some say, 'this is an evil person,' help him with your radiation of love which you have received from Jesus Christ. For it is your

duty ... that you love even those who are not well-disposed toward you! Always start with yourselves and not with your neighbor" (Weidner 2003b:131).

"The so-called critics, who give much of themselves, do not stand as individuals, but there are whole chains of unfavorable beings behind them. As soon as you give the brother, the sister a spiritually somewhat higher answer, they interrupt you and don't let you finish at all, because the unfavorable beings immediately fall upon the critic, he becomes even stronger, and it is fought with even stronger negative weapons. You are also not alone in this situation, but such a superiority is difficult to cope with over your stock or over the higher-ego-consciousness! You don't see the people behind these people, because the negative beings stand behind their mouthpieces, just as the guardian spirit(s) or spiritual helpers stand behind you" (Weidner 2000d:240/241).

In situations of attacks from the negative side, the best thing to do is to get up, be friendly and leave (cf. Weidner 2000d:242). Furthermore, one should pray for the persons and beings concerned.

A good exercise is to send positive energy, e.g. love and joy, to criticized people or their actions, and to focus on their positive sides and potentials. This will strengthen them.

Source references and bibliographic information at:

<http://www.geistige-entwicklung.ch/angefuehrte-literatur---cited-literature.html>

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