

## Have You Accepted the Gift of Criticism?

Once there was a young man who often felt insulted and criticized by people.

He traveled to see a very wise older man and told him about the problem.

The young man said “I get very upset when people say bad things to me.”

The wise older man asked, “If someone gives you a gift and you don’t accept the gift, who does the gift belong to?”

The young man asked, “What do you mean by who does the gift belong to?”

“Well”, said the wise older man, “if you don’t accept the gift, who does it still belong to?”

The young man replied, “obviously, to the person who tried to give it to me.”

“There you go,” said the wise older man, “if someone insults or criticizes you, and you do not choose to accept the insult, who does it still belong to?”

The young man smiled and shared his thanks, and left to live a much happier life...



The truth is that, for us to feel insulted, belittled, angered, wronged, we must first **CHOOSE** to accept the opinion of the giver. And the minute we accept it, it becomes ours; we own it and it becomes our stuff. **We are what we consume.**

So ask yourself: do you accept and consume a lot of negativity and insults?

If so, you will be affected the same way you are affected by what you eat and drink...

