



By: Alfonso Aguiló Pastrana | Fuente: interrogantes.net

- When I was young and my imagination had no limits, dreamed of changing the world.
- As I was making me more, I thought that there was no way to change the world, so I wanted a more modest goal and I tried to change only my country.
- But with the time, I thought it was also impossible. When I arrived at the old age, I conform with attempting to change to my family, to those closest to me.
- But neither got almost nothing. Now, in my deathbed, suddenly I understood a thing: if you had begun by attempting to change myself, perhaps my family would have followed my example and would have changed, and with his inspiration and encouragement perhaps would have been able to change my country and - who knows - maybe even could have changed the world.-

This old story, collected in a tombstone in Westminster Abbey, can serve as an interesting reflection about the critical sense and the desire for change that we all have in our interior. Normally, the criticism is stained of mood or the interior disposition behind it, and which often originates. We also know that there are provisions best and worst, both positive and negative, optimistic and pessimistic, and we must bear this in mind and to know recognize it, since it is crucial to check the correctness of our judgments and the reliability of our capacity of valuation and criticism.

If we give input to the jealousy, pride, anger, ambition, or any of the multiple ways in which the arrogance is manifested in all men, that spirit or bias with which we

observe the other condition everything we observe. And then we shall lose objectivity in our analysis and effectiveness in our efforts to improve the world that surrounds us.

Only if there is a willingness, if you go to the other with the necessary affection, wishing their good, only then the critical meets the conditions that are required to be a useful and constructive criticism. And only then is an act of virtue for those who practice it and a real help for those who receive it.

And to understand and make the critical, you must try it first with one same, as noted at the end of its life the protagonist of that reflection. Only when we know what it takes to improve, how difficult it is, and at the same time, what is important and liberating that is, only then can be seen to the other with a certain objectivity and help them really. The one who knows how to say things very clear to itself, know how and when we tell them to others, and also knows how to listen with good disposition.

Know how to receive and accept criticism is evidence of profound wisdom. Left to say things is a sign of true spiritual greatness and clear intelligence. Learn of the criticism is crucial in order to make their own talents. In contrast, who does not support that you criticize anything, and even attacks those who has had the attention and vigilance of make a good and honest criticism, or even hits with the messenger, that person hardly leave his errors, with safety will be numerous.

It is not always live slope of the critical, dancing with what you say or not say that about what we do or we are, because that concern would be pathological. It did nothing does not usually receive criticism, but that long ago is often criticized by everyone: criticize those who do nothing, because they see their life and work as an indictment; criticized him who is working otherwise, because they consider it an enemy; and criticize it sometimes also those who do the same or similar things as they get jealous. Has to be forgiven by the that do little and for those who do not conceive that is able to do anything good without them.

In any case, and as also noted with lucidity that man at the end of his days, the key to our ability to change to the other is always linked to our ability to change ourselves to ourselves.