



E-newsletter – February, 2012

NEVER BE A VICTIM!

Do You Feel Like a Victim?

Many people do not recognize when they are playing the part of a victim. We may identify obvious cases when people complain all the time, but can you find a victim mentality in the following?

- I had a difficult childhood.
- Everybody in my family gets arthritis.
- I'll have to take these pills all my life.
- I always get robbed.
- The doctors botched my operation.
- I can never get ahead financially.
- The other driver swerved and hit me.
- I don't have enough time.
- I fell on the ice.
- I caught your cold.
- Mosquitoes always bite me.
- My ancestors were persecuted.
- I have a very small pension.
- My boss picks on me.
- I only meet abusive men.
- All the women I meet are demanding.
- Nothing is ever easy.

Take some time reviewing these lines. Think about the idea of blame. What happens when we blame someone or something outside ourselves for our difficulties? Does it solve anything?

Thinking that we are random victims may seem to be easier than taking responsibility, but it never really is. In fact, it's a very scary idea because it means you're not in control and anything can happen! Wouldn't you rather take the reins and make the changes that ensure your own happiness? Wouldn't you rather be free?

Nobody Needs to be a Victim

Your thoughts are enormously powerful. They can bring disaster and they can bring joy. If you think that you're a victim, it's only a thought, and thoughts can be changed.

Your ancestors may have been victimized, but if that is your focus, then you invite similar events into your life now. You may have had a troubled childhood, but you're an adult now and can make your own choices. No one is held captive by their past unless they choose to be.

If you are afraid the mosquitoes will bite you, then they will. If you are wary of other drivers, you're more likely to be hit. When you think you don't have enough time, then you don't. Focusing on lack will bring you poverty, expecting disappointment will ensure it.

But even if you've been stuck in negative thinking for a long time, you can start thinking differently today. So let's change some of those earlier thoughts into more productive ones:

- I choose to live a happy life.
- I am stronger and healthier every day.
- I am always safe.
- I am prosperous and live abundantly.
- I have lots of time.
- I live in harmony with everyone.
- I attract gentle and loving men.
- I attract wonderful women.
- My life is easy and joyful.

This kind of thinking is really empowering and will prompt radical, positive transformation. You're in charge of making your life wonderful. God bless you in these changes.