

Universal Guiding Principles Vs. The Victim Perspective

By Lynne Forrest

1. **Principle:** Everything has a cause and an effect. There are no coincidences. Regardless of whether what we experience is painful or creates happiness, it is always *for* the expansion of our consciousness and therefore serves us.

Victim Perspective: I am at the mercy of an unfair world. Life is chaotic and without rhyme or reason.

Question: What might be the purpose of my own current life situation? Is there a thought behind my reaction? What is it?

2. **Principle:** We are energy-in-motion, Source-based, and vibrational beings generating an emotional tone of light and dense vibration depending on the nature of our own thoughts and beliefs. The high or low (emotion-based) vibration of the thoughts we think and believe attracts to us people and life encounters that reflect the same emotional tone, a similar, dense, or light, vibrational frequency.

Victim Perspective: Bad things happen for no reason, other than because the world is a dangerous place. It is not safe to trust.

Question: What emotional tone or vibrational frequency am I currently operating on? Are my thoughts generating a light, positive, pleasant, vibrational frequency, or a heavy, dense, not so pleasant emotional tone? How are my thoughts affecting my frequency right now?

3. **Principle:** The mind is made up of an opposing pair of opposites: the victim ego, and the observer self. The observer self (higher mind) is the eternal being and essential nature of who we are as divine beings. This expansive self is that part of us that sees and knows us without judgment, guides with compassion, and prompts us through our intuition or *inner knowing*. The observer self always operates from love, wisdom, and understanding. Its opposite is the fear-based victim ego. These two selves are polarized opposites of the mind, (consisting of the light / dark, conscious / subconscious, masculine / feminine) elements. Because they are polar opposites, there is constant friction and resistance between them. This friction between opposites creates the necessary resistance that makes expansion possible. Peace increases as we mature in our ability to accept that both are essential, necessary parts of our being.

Victim Perspective: There is good and bad, right and wrong, in the world. I must fight, defeat and get rid of the bad, and experience only what is the good or the right side of things.

Question: What dualities am I presently aware of around me? How am I resisting the dual nature of my own Reality?

4. **Principle:** Energy travels in spirals and circles; and everything in life has a cyclic nature. We spiral forward on the consciousness journey, often moving through particular life themes and old cyclic patterns that serve to awaken and spiritually refine us.

Victim Perspective: I am on a straight and narrow path that must be always going forward, else I am failing or doing it wrong. I must be perfect to progress.

Question: What life themes or old patterns am I cycling through right now?

5. **Principle:** The world is a mirror that accurately reflects the present state of our relationship with ourselves, Source, and those around us.

Victim Perspective: Being treated unfairly. I am a victim of abuse, unfairness, and neglect at the hands of others. My only chance of feeling better is to change or stop them from abusing me.

Question: What are my present relationships and life situations reflecting to me about my thoughts and feelings towards myself?

6. **Principle:** When we believe what we think, we automatically feel and act as if it is true, and then we react in ways that prove us right. This is the Reality Formula that defines reality as we each personally experience it: Thoughts + Emotion + Reactions = Reality. There are no exceptions.

Victim Perspective: It is the world and what others do or don't do to me that makes me feel bad. It's their fault that I react the way I do, and they are the ones who make me suffer.

Question: What unhappy thought am I believing? What do I create in my life by believing it?

7. **Principle:** What we focus on expands, and what we ignore fades. We can collaborate with Source by choosing to focus on what we want to manifest, and little attention on what we do not want.

Victim Perspective: I must force them to see how they are mistreating me, and make them apologize so they will stop hurting me, so that I can feel better.

Question: What am I *growing* in life? What in my life needs more attention? What needs less?

8. **Principle:** We choose what to believe. We co-create our lives by believing, or consciously choosing, the thoughts we will believe. We can question our thoughts and beliefs, and consciously choose to invest energy in thoughts that create harmony and peace.

Victim Perspective: I have no choice but to believe what I think because that is simply the way it is ... and I am at the mercy of life.

Question: What does my emotional response tell me about the thoughts I am choosing to believe right now? Am I choosing my thoughts consciously?

9. **Principle:** We project our beliefs and unhappy story on to those around us, and then react as if what we project is true, which elicits a response from the world that amply proves to us that what we believed and projected is true.

Victim Perspective: I had to react the way I did because they made me.

Question: What am I judging as unacceptable about the person, or situation that I am resisting? How do I do the same things I criticize them for - to myself, if not to them, or others?

10. **Principle:** Through conscious intention, we align with reality and surrender to enjoying a life of peace and spiritual adventure, as vessels or conduits for the flow of Source through us. We live in observer consciousness, in alignment with ourselves, the world around us, and Source.

Victim Perspective: I am only a physical body, with a brain that helps me survive against the odds of making it in a cruel world where life has no meaning. Only what I can see, touch, and hear is real - everything else is made up to make us feel better about life on Earth.

Question: How am I currently practicing daily to align with Source and finding peace?