



## Victim Consciousness

**Strengthen me by sympathizing with my strength not my weakness.**

~Amos Bronson Alcott

*Reflect on your present blessings,  
of which every man has many;  
not on your past misfortunes,  
of which all men have some.*

~Charles Dickens

In my opinion, the two most debilitating states of mind and spirit are the poverty consciousness and the victim consciousness. And so often those that maintain the victim consciousness do not even see themselves as such ... let alone have the ability to make the connection with their current state of thinking and their life circumstances.

It is all about attracting to themselves the circumstances that perpetuate the victim and bring either pity or caring attention to them. It is a desire for *concern and attention* that they need and crave. The payoff is so great, they perpetuate the circumstances around them in order to harness that energy they exert and put it to good work. They put all the energy they can in the direction of “why me” creating chaos in their lives. Chaos brings pity, attention, and even guilt or grief. In doing this, they receive much needed attention, which they misunderstand as compassion, and thus the cycle continues.

There are many souls out there that have a victim consciousness. But one must look to see if it is indeed the personality of the person involved or if it is just a cycle of

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current circumstances. I was in that cycle for several years. I don't think I could make up my mind between being in poverty, or being a victim. I guess I was in a "victim of poverty consciousness"! LOL

I was put there by my own feelings of guilt. After I experienced one horrific event after another, that guilt was pointed out...but it took a couple of my "Lt. Dan Meltdown's" and a fist in the air followed by, "ARE YA TRYING TO TELL ME SOMETHING" that I then began to shift my consciousness. (Need I remind you, I am human.)

But the shifting did not take place until I shifted away from the people I was with at the time. As the Law of Attraction and my own "Law of Reflection" communicated, everyone I worked with at the time perpetuated that consciousness of victim. We were all in that pit together. It was the Law of Attraction in its best form. I was not able to get out of that consciousness until I removed myself, physically from that environment. It took less than a year for things to lighten up and I began to believe in myself again and believe in my dreams.

Part of the problem with a victim consciousness is that you may not really know you are in it. The issues with a victim consciousness are so involved and can be so subtle, that it can be difficult to identify. It is hard to look at your life objectively. You can see it pretty clearly in others, but getting them to see that consciousness is difficult. And it can be a delicate matter to approach.

Many do not want to shift from that position, as they are comfortable in that misery and prefer the drama over boredom. In effect, it is a place of attention and pity and there is a misconstrued compassion present that perpetuates the feelings of being loved while supporting underlying emotions of despair. The payoff is often too sweet to shift to a more independent manner of thinking.

The only hope in aiding those with this consciousness and in victim mode is to be there when they have finally had enough of the drama, enough of the hardship, and enough of the attention, and the pain. But often it will subside and manifest again, because that is the only behavior they know.

What brings on this consciousness of victim? It can be the result of a past life incarnation that has resulted in a current life struggle. Perhaps on some level there is a need to be compensated for hurts wrought with pain, and lack of attention in a previous

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incarnation. First and foremost, the victim consciousness is about self-worth and needing to establish some aspect of meaning to their life. Their life and their actions need to be validated on some level, whether that is through support and compassion from others or through pity.

There are basically two types of "victim consciousness". There are those born into it, meaning there is a past life memory. A karmic remnant that they have carried over and needs to be work through. And there are those who feel they need to hold on to numerous emotional events in order to define who they are in this world. They string experiences along, one event, one bead of emotion, at a time. They can hang onto these experiences until they have crafted a wonderful necklace of emotional scars.

I don't think there is one reader out there that doesn't recognize someone, maybe even you at times, as having a "victim consciousness". We all go through moments in our life where this consciousness can take over and influence everything we do.

Now, there is a difference between a victim and a victim consciousness.

### **A victim is defined as:**

- *somebody who is hurt or killed by somebody or something*
- *somebody or something harmed by an act or circumstance*
- *somebody who is tricked or taken advantage of*
- *somebody who experiences misfortune and feels helpless to do anything about it*

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And therefore a victim is someone that has suffered an injustice. A victim can definitely have a victim consciousness, particularly if they have not gotten the lesson out of the injustice, which more times than not, involves forgiveness. But, someone with a victim consciousness is not necessarily a victim per se; they just see themselves as such.

How do you recognize that you are in this lowest of vibrations? I can recognize this consciousness very quickly! When someone introduces themselves with a "label" before I get their name! That is a pretty good indication they are in victim consciousness. Also, support groups tend to contribute to this consciousness rather than uplift and empower. Why? Because you are continuing to remain in the same energy that created

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your issue to begin with! It is tough to break out of the energy; you get comfortable in that vibration. One person shares their story and someone else has to add to it or top it. I believe Carolyn Myss refers to support groups as “wound mates” and she is not far off. So pay attention! If you are participating in a support group, how much focus is on victim and how much focus is on empowerment and setting dreams, goals, and moving forward?

Pushing through this victim consciousness of previous incarnations and beginning to own your own body, your own destiny, and your own sense of power, without being powerful, or shall we say “full of power” is the lesson of the victim consciousness.

Learn how to garner attention and make a difference without having to be heard all the time. You don't have to be validated constantly for your achievements. Learn that being proud of your own achievements and validating yourself through your accomplishments is where the true voice of the spirit is heard. Heard loud and clear by all! Actions do speak louder than words.

There are connections with the body/mind and the victim consciousness. Most involve incidents and “procedures”. This consciousness does not necessarily perpetuate major health crises, although they can escalate into that, it is more about injuries and accidents. The key is “constant”, from a cold that will turn into a sore throat, then you see them and they have a cough, then you see them and it's their ear, then you see them and it's their sinuses...on and on and on. So it can be minor occurrences or take the pattern of continued procedures often required with arthritis, carpal tunnel, knees, joints, things that flex.

Yes, arthritis is often a victim consciousness. Any tissue issue that has the descriptive word: “affliction” or “afflicted” with it, is often related to a victim consciousness. Also, dis-eases and tissue issues that require assistance from others can have origins in the lower vibrations of a victim consciousness. Understand this can be past life related or current life lessons. There are heartwarming situations that involve lessons from childhood and working through the victim lessons, often reciprocal lessons where one will take care of the other, this life or next. There are others that are not so heartwarming!

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I have a wonderful friend, a generous, sweet man, who has been trying to divorce his wife for over three years now. She has manifested the symptoms of multiple sclerosis. It seems every time they are to be in court she manifests something new and different. She has been in a victim consciousness for many, many years, and for a long time it served her in the marriage, as she often took advantage of my friend's compassion. Now, she is still trying to use this to manipulate and control his life and the sad part is that she is the only true victim in this situation! As long as he chooses to not give her any energy.

I hope this is informative, I understand it can be a sensitive subject, but it is one that needs to be addressed. Remember, I have been there, I do understand. But I also understand the importance of breaking out of that vibration and empowering yourself to establish dreams and goals as you move forward.