

On Purpose Now •

Pass on the opportunity to be a Victim.

The antithesis to being victim is living On Purpose Now. Yet, the fear-based thought system of the ego, not only finds endlessly clever ways to cast you the victim, it also craves the blame, shame and guilt that reliably comes with it. Upend playing the role of victim in any situation and in every form, and you have ended the ego itself.

You may hear a voice which says “I don’t play the role of victim and I surely don’t crave blame, shame and guilt”. That voice of resistance IS it. It is the very thing it says it’s not. The ego has already launched the victim mindset.

Every defense does what it defends (excerpt from A Course in Miracles). Think about this for just a moment. When I am accusing someone of judging me... am I not judging their judgment (or better said, my perspective of their judgment). When I blame someone for my lack of power, am I not myself diminishing power by displacing it with blame. When I am finding someone guilty, am I not spending the very energy I could use to live On Purpose Now, to create guilt. AND – who is living with the guilt I am accusing another of... isn’t it me.!? Is it possible that I could ever get rid of guilt by giving it away? Surely when I have cast guilt onto another, I have the very best reason the ego could find to be guilty. After all I have been the giver of guilt, how rotten must I be that this is how I use energy and abilities.!?

If you can see this for what it is, the ego’s plot casting you as a victim, you can also see The Way out of the trap!

Now feel the shift to Purpose..!

I relinquish the right to play the role of victim in any situation or form. I choose instead to activate my Purpose for existing and shift to the freedom, power and inspiration that comes with it.

The beginning of Purpose is the end of the ego. When you ask yourself “Do I want to live On Purpose Now” and answer with an honest “Yes” ... you have passed on the opportunity to be a victim!

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Try this:

1. Search your mind and locate a situation where you would like to have more freedom, power and inspiration. In the ego's plot there are always victims, villains and heroes.
2. Looking deep into it, see if you can see how these roles are cast. No matter who in the situation is in which role... place yourself as the victim. Yes, I am asking you to be a victim (in your mind) On Purpose Now! Feel yourself taking on the persona of the victim you see in this situation. Put it on as you would a jacket and feel yourself "wearing" it.
3. Seeing yourself as the victim in the play, ask the question "Do I want to live On Purpose Now".
4. Wait and be sure the answer is coming from a place of choice. You could continue to play the role of victim. You do not HAVE to live On Purpose.
5. If and only when, deep in the center of your gut, heart and mind you feel a resounding "Yes" – bring your Purpose to mind.
6. Seeing the transformation of the victim in the scene taking on your Purpose, explore options for how you can respond with freedom power and inspiration in this situation. Stay with it until you have seen at least three options that seem like powerful and purposeful next plays.

Let the exercise soak in for you over a period of time. As you continue to contemplate, listen and hear the Voice of Purpose as it will show you the next move to make, the next "Play On Purpose Now". Take the action as you see fit.

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