

Self-Empowerment vs. Self Victimization

We live in a world where personal responsibility seems to be an alien concept. Lack of planning, focus, and control over our lives tend to create numerous situations in which we are exposed to unsuspecting and unwanted repercussions. These manifest as rote actions where we are asleep at the wheel, misactions due to poor judgment and analysis, and inactions due to denial. When “shit happens” it’s most usually because we’re not awake; that is, we don’t see what we’re walking or driving into, like walking out on the street and forgetting to look where you’re going. It’s easy to blame another person when you walk into a pile of poop not cleaned up by a dog owner, but it’s another to look into yourself first and ask if there was something you could have done to prevent yourself from stepping in the poop in the first place.

Regarding the rote action of crossing a street, I’ve seen pedestrians walk out into the middle of traffic with lack of intention, assuming everyone is looking out for them. They don’t seem to care about the pitfalls and potential dangers; they just go and leave the details to everyone else. The casualty of doing so is obvious; more times than not they’re hit by a passing car whose owner is generally blamed for the fatality. In the car scenario, drivers are responsible by law for whomever they hit regardless of the reason. However, both people were not watching where they were going and are guilty of being asleep at the wheel.

The problem is that neither is focused on the issue at hand; that is, how to make it from point A to point B without casualties. Both people let traffic lights and traffic signs prevail or even interfere with common sense, and expect passing drivers/pedestrians to see them as they’re approaching. Then, when this thinking proves faulty or fatal, instead of looking within to assess the reason for the mishap, they blame everything and everyone else but themselves for the outcome; that is, there weren’t enough signs, the driver wasn’t paying attention, or the pedestrian wasn’t looking where he/she was going. In fact, both the driver and pedestrian weren’t paying attention despite the signs that are meant to serve as a wakeup call and deterrent, not as a footnote.

The above examples are scenarios concerning individuals who continually end up as victims; victims of their own demise, to be more precise. The victim mentality is rampant in the world today from governments to cultures, to societies, and to the little guys who get up every morning without a clue about why they’re here or why “shit happens” to them. Instead of looking at their own failures and assessing damages on the basis of what they might have done to change or prevent the shit from happening, they assess damages on the basis of what something or someone else did to them, blaming their bad luck on someone else or something else outside of them. They believe that if the outside world and everyone in it would only change, it would make their lives more tolerable. This forms the basis of victimization: that is, when bad things happen because of lack of real-time participation and responsibility for one’s actions, the outside world is to blame. This line of thinking is the stumbling block that perpetuates the cycle of victimization. Interestingly enough, it is also a classic behavior of alcoholics.

The victim mentality runs even deeper in those who think others owe them a living and a free ride. And they are supported in this mode of thinking by those who willingly enable them by providing the free ride. A free ride derails personal responsibility for one's own growth and direction. It takes the element of free will out of the hands of the individuals and instead disempowers them. It keeps them from becoming their own driver, and without drive there is no movement or growth. Instead, they get caught up in a cycle of master/slave whereby an outsider with power makes the decisions for them, thereby guaranteeing no movement or growth on the part of the disempowered. These individuals perpetuate the cycle by believing that they are victims and that they can't take care of themselves, if only because they never tried to take care of themselves or never learned to take care of themselves. Those that learn become empowered, but those that don't rationalize their victimization and reliance on others by finding reasons why they can't function on their own, becoming a drain on the resources of others. This behavior becomes second nature and keeps the victims from ever rising above their limitations. The problem is that as we approach the prophesied global and cosmic shift, this is no longer a viable excuse for not moving forward and taking control of one's destiny.

As we approach critical mass and jump into a new paradigm it is important to realize that each of us creates the future of our choice. Thus, to make this transition, it is important to move out of the victim mentality and take responsibility for our everyday actions. Our daily actions are what will move us through the next evolutionary step in our planetary consciousness. By succumbing to either the victim or enabler role, we will not help ourselves or others make the transition to self-realized and fully empowered beings.

So the biggest obstacle on the path in front of us turns out to be the trash that we carry within us and our expectations of others, which distract us and interfere with our focus. And the greatest challenge facing us is that there is no longer time to learn to drive. Right now everyone must be in their own driver's seat, with a firm grip on the steering wheel, paying attention to the signs and signals, and focusing on the next turn. Additionally, we must know where we're heading and continue to move in that direction to avoid being swept up or thrown down by the sleepwalkers or other heedless drivers asleep at the wheel. Self-empowerment means taking control of our destiny and strategically planning the route to attain our future goals without distraction. It means dumping our garbage and purposefully taking our power back from the outside world so we can reach our highest manifestation; our own Garden of Eden.