



Victimhood to Victory

Latemar Mountain, Italy

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Victory Over Negativity

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Vehicle to Victory

It is a fact that there is no one on this planet who has not felt or been victimized at one point or another. However, there are different degrees to which one has been victimized. No matter, each time a person is hurt or harmed, it leaves a scar and wound that must be addressed. It takes our full attention, patience and determination. To leave a problem too quickly is to ensure its return.

Emotional and spiritual injuries are no different than physical wounds. They need to be cleansed and tended. However, a physical wound requires medical attention from outside ourselves, whereas an emotional or spiritual wound must be healed from inside ourselves.

The purpose of this guide is to take us on a journey of self-discovery and self-healing. The road may be bumpy and detours may have to be taken, but in the end, we can indeed reach the destined place we set out to travel to.

What is victory? Victory is the feeling of empowerment. Someone who is empowered believes that good can win over evil. It is someone who embraces truth and rejects lies. It is someone who is willing to stand up for fairness and justice for themselves and others. It is someone who fights back and says; I am NOT what happened to me, I am someone who survived what happened to me...and I did not just survive, I thrived.

Within each one of us, there is a hidden strength that can transmute a horrific situation and build a wonder-filled life. Look at holocaust survivors, who lost their whole families, nearly died themselves and yet went to a new country and created good lives for themselves and others. Nelson Mandela, Mahatma Gandhi and so many more who were imprisoned, beaten and starved, and yet came out stronger than ever to meet their honorable, incredible destiny with a force to be reckoned with.

Though we cannot change the past, we can change the present, which holds the potential of a totally different future.

May the road to recovery be an inspired, exciting and determined one. No brakes... pedal to the metal!



Exercise 1

Freeway to Facing Fear

Exercise 1

Freeway to Facing Fear

Anything that causes us to feel victimized, causes us to have fear. We need to recognize the power of fear in order to overpower the pitfalls of it.

The following 25 wisdoms can help with this process...

1. Fear is an emotion that must be handled before a new life can occur.
2. For those who do not feel fear, cannot feel brave.
3. Though fear can be difficult, it can also be a wisdom.
4. To be tall, one must be willing to fall. If small, be willing to stand tall.
5. The road to success is paved with failures.
6. Studying our fears leads to our courage.
7. Bravery is not the absence of fear, but the ability to master it.
8. Do not be afraid to be unyielding when you know something is right.
9. Fear of failing is ridiculous.
10. Fear not to eliminate things or people that are not good for you.
11. Most things worth doing have been said to be impossible.
12. Never wait for the ship to come in – go swim to get it.
13. Fear is the foundation of foresight and forethought.
14. Fear is meant to analyze, not paralyze.
15. Fear can be the mother of safety.
16. Believing in oneself is the sharpest sword against fear.
17. Fear dissipates through healing.
18. Do not be afraid to say no to anything that will not benefit your destiny.
19. Success favors the bold.
20. Fear can be a benefit or a burden.
21. The greater the healing – the grander the reward.
22. Each and every dream comes from daring to begin.
23. Healing is maintained through determination.
24. Life is what we think it will be – so think victoriously.
25. To be or not to be.....all depends on how we handle our fears.

1. Study the wisdoms and write the 5 that mean the most to you and why.

2. Study the wisdoms and write the 5 that seem to be the hardest for you and why.

A photograph of a tree-lined path leading to a building, serving as a background for the text. The path is paved and flanked by large, mature trees with dense green foliage. The scene is brightly lit, suggesting a sunny day. In the distance, a building with a gabled roof is visible through the trees.

Exercise 2

Avenue to Awareness

Exercise 2

Avenue to Awareness

Being aware is the foundation to intelligence and intelligence is an avenue to a better way of life. Awareness creates safety and security. It is a protection against anything that will not benefit our lives.

The following 25 wisdoms can help with this process...

1. Always know the intention of someone challenging you.
2. Do not create rash actions - it will lead to wrong decisions.
3. Be prudent, perseverant and protective.
4. Preserve your energy and power.
5. Team with like-minded people.
6. Handle your resentment or it will man handle you.
7. Do not allow yourself to become enraged.
8. Make decisions with respect and honor for yourself.
9. Use only your integrity to attain what you want.
10. Act strongly when you know something is wrong.
11. Move on good opportunities fearlessly.
12. Respond in an emotionally intelligent way.
13. Do not allow others to take you off your knowing.
14. Be well versed in inferior elements.
15. Do not let humiliation penetrate your inner being.
16. Always consider the harm others can do to you before you act.
17. Watch out and curtail your negative thought forms.
18. Stay calm and avoid drama.
19. To overcome challenges, one must not be overcome by them.
20. Learn from your old challenges that you may be a teacher to others.
21. If you do not discern, you will find yourself in situations wishing you would have discerned.
22. Think before you act.
23. Be smart as you walk among humanities.
24. Study and hear all evidence, then select what is worthy and good for you.
25. Remember, heroes may be brave, but not all of those who act bravely are heroes.

1. Study the wisdoms and write the 5 that mean the most to you and why.

2. Study the wisdoms and write the 5 that seem to be the hardest for you and why.



Exercise 3

Highway to Healing

Exercise 3

Highway to Healing

There are emotions that weaken our power, and there are emotions that strengthen our power. The more we handle our weak emotions, the more empowered we feel. It takes strength because we must be willing to go through the problem to get out of the problem. Emotional intelligence leads us to a happier life, filled with a healthier and more respectful relationship with ourselves and others.

Instructions

Study the emotions and number them 1-5. 5 means you are the most concerned about and 1 means you are the least concerned about.

Emotions that Weaken our Power

- _____ 1. Feeling enraged
- _____ 2. Feeling resentful
- _____ 3. Feeling jealous
- _____ 4. Feeling fearful
- _____ 5. Feeling hopeless
- _____ 6. Feeling cruel
- _____ 7. Feeling controlling
- _____ 8. Feeling worthless
- _____ 9. Feeling judgemental
- _____ 10. Feeling closed-minded
- _____ 11. Feeling confused
- _____ 12. Feeling hateful
- _____ 13. Feeling helpless

Pick 3 emotions you feel are the most important to work on and make a plan of action to transmute them.

1.

2.

3.

Instructions

Study the emotions and number them 1-5. 1 being the lowest and 5 being the highest. Pick 3 of the lowest that you are going to work on and how.

Emotions that Strengthen our Power

- _____1. Feeling peaceful
- _____2. Feeling forgiving
- _____3. Feeling grateful
- _____4. Feeling brave
- _____5. Feeling optimistic
- _____6. Feeling kind
- _____7. Feeling empowered
- _____8. Feeling safe
- _____9. Feeling precious
- _____10. Feeling compassionate
- _____11. Feeling open-minded
- _____12. Feeling certain
- _____13. Feeling loving

Pick 3 emotions you feel are the lowest that you are going to work on and how.

1.

2.

3.

A photograph of a paved path in a forest, covered with fallen brown leaves. In the distance, a red and white striped mat or rug is laid out on the path, leading towards a bright, open area. The trees are tall and thin, with green foliage at the top.

Exercise 4
Street to Success

Exercise 4

Street to Success

Do not be fooled or fall into the trap of thinking you are small or insignificant. Each and every one of us is important. It is not what we do that has the significance, it is how we think and feel that makes the difference. We have the power to transform sadness to joy, hate to love, victimhood to victory and failure to success.

To be or not to be is totally up to ourselves. Because we cannot escape problems, the most powerful thing we can do is learn how to deal with them effectively and powerfully.

Now that's the definition of success!

Instructions

1. Read through the 25 Success Wisdoms.
2. Choose 5 that mean the most to you and why.
3. Choose 5 that you need to work on and how you will do this.

25 Success Wisdoms

1. The reward of success is not what we receive from it, but in what we become by it.
2. Victory is won through certainty and lost through uncertainty.
3. If we try to escape problems, we escape growth.
4. The denial of a problem infuses it with power.
5. Any fault recognized is already on its way to be corrected.
6. Mistakes are inroads to our intelligence.
7. Never flatter anyone who does not merit it.
8. It's all personal but do not take it personally.
9. Dispel darkness by bringing it to the light.
10. Fear can be the spark to our intuition.
11. Forgiveness and gratitude are essential for peace of mind.
12. Repair corruption with authority.
13. Lines between black and white can be clouded by an instant of unconsciousness.
14. Overcome obstacles by understanding the reasoning behind them.
15. Move away from inferior elements without feeling superior.
16. Realize that our personal problems are usually a result of our declined humanity.
17. Be the truth, regardless of popularity.
18. Do not think a legitimate excuse is the same as a clear conscience.
19. Without remorse, change cannot happen.
20. Problems can be opportunities for more peaceful times to come.
21. Sincere criticism is far more important than insincere compliments.
22. Only through commitment can success be realized.
23. Never confuse charm with character.
24. Be the change you want to see for yourself, others and the world.
25. Think of self.....self-empowerment, self-respect, self-esteem, self-discipline and self-confidence, and all else will flourish.

You Have Arrived at Your Destination

Congratulations...a new life has finally begun
Now is the time for some great fun.
Don't let the past get in your way
This is a beautiful, new exciting day.
Seize it with joy, happiness and wonder
No storm or rain, just lightning and thunder.
You have worked so hard to get where you are
Nothing in your way, near or far.
Be in love with yourself, others and life
No more victimhood or challenging strife.
Power, success, light and love
Free like an eagle and peace like a dove.
Remember everyone has suffered some
But held the hope of better days to come.
Faith, love, forgiveness and gratitude
Are the feelings you must not exclude.
Thank you very much for taking this ride
Remember from this day forth, you have nothing to hide.
You've healed it well, but more will appear
Now you know how to take it on with little fear.
Bravo to you and please honor your being
For listening, learning, studying and seeing
All the wounds that needed to be healed
From this day forth, victory is your playing field.
Blessings upon you for being so very brave
You are ready for the next trip and a new road to pave.
Happy travelling!!!!

Victory Over Negativity

Though others may be jealous of you – go for it anyway.

Though others may knock you down – stand tall anyway.

Though others may secretly hope you fail – succeed anyway.

Though others may be doubting you – do it anyway.

Though others may be envious of you – be it anyway.

Though others may tell you to be afraid – be brave anyway.

Though others may try to stop you – forge ahead in anyway.

Though others may hate you...LOVE THEM ANYWAY.