

# The Game of Life for the 21st Century Module Transcript

## Module 14 – Chapter: The Law of Non-Resistance – Victim Mindset & Rollercoaster Energy

### **This is Module 14 – Victim Mindset & Rollercoaster Energy**

Florence teaches us that when we resist a situation it will stay with us. If we run away from a situation, it will follow us. To help us grasp this, she uses the example of the woman who ran away from her critical, domineering mother and married a man just like her mother!

The daughter created the same experience with the husband she chose because she didn't heal that resistance energy within her with regard to her mother.

The “reasoning mind” would say, but the mother is the one who was critical and domineering, why should the daughter change? The physical world teaches our “reasoning mind” that we are victims.

However, Florence states, “unharmonious situations come from inharmony within man himself” which means that relationships are about US – not them!

If you're struggling with a relationship - and that relationship can be with another person or with a life situation - do you feel like a victim?

### **Let's look at victim energy.**

Again... the reality is that our relationships are about US - not other people.

And the term relationship encompasses everything - relationships with not only people, but our relationship with life situations, too.

Through our internal energy of creation, we draw to us relationships with people and situations that match our internal energy. So, what's happening is, those relationships are a direct reflection of how we feel about ourselves. These relationships can be joyful, or they can be painful. Painful, drama filled relationships don't just happen to us - we create and/or draw them to us.

Now there are times... that we are collateral damage for someone else who is experiencing in their face fear that they need to process through. However, all experiences bring opportunities to expand our awareness, to heal and grow. That growth may be to stop enabling the behavior of others and/or to walk away.

We cannot fix the lives of others. The only person we can heal, or fix is the person we're doing the breathing for and that is US. This isn't selfish – this just is. We have no control over the free will of others. THEY must make their own choices for their own healing, awareness, and growth.

What we can do where others are concerned is “bless them” and hold them in “love” energy.

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When you sincerely bless others from your heart, infusing them and the situation with unconditional love, these 3 things happen:

1. you open the way for a higher outcome for yourself and them
2. they subconsciously feel that love energy and they have the opportunity to embrace that energy – or not
3. you shift out of fear energy – that victim feeling - to love energy and are better able to manage what happens next

Don't confuse blessing and infusing someone with love with enabling them to continue wreaking havoc with your life. That next action step you're guided to take, may be to set a firm boundary with them. The entire situation may be about giving you the Golden Opportunity to set boundaries.

Our subconscious creates these experiences through our energy and a less than loving experience delivers to us a Golden Opportunity to re-write a subconscious record, or set a boundary, or to recognize something about ourselves that we do not like. All of which will ultimately improve our life.

Whether we judge a situation to be good or bad - there is still perfection in it!  
***The opportunity to create a higher outcome is the perfection in all situations.***

Now, I know you may be thinking of a time you were standing there minding your own business and someone blind-sided you – some form of adversity - and you felt as if you were attacked. Why would you attract such an experience?

You attracted it because there's something going on within you that's crying out to be healed before you can move to a higher station of love to create more love in your life!

So... when you've had the time to recover from the shock or surprise of what feels like an energetic attack, you then have the opportunity – that perfection - to shift out of the energy of being a victim and reclaim your higher vibration of love energy.

In the past you may have thrown up your hands and screamed, “this is too hard” – but now, you can celebrate, because the reality is, you've just been given the Golden Opportunity to heal an energy block that's been holding you back! Now you see it – you understand it for the *Golden Opportunity* that it is!

This is your Golden Opportunity to step out of the emotion of what happened and from your safe space, be the observer and look at the Resistance Energy you feel within you.

After the initial shock wears off, take a look at the resistance energy (– remember energy reacts differently when we observe it – it begins to lose its power over us), follow the energy breadcrumbs to where it was birthed process through it to transform it to the higher vibration of love energy that you wish to BE.

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One thing I want to make really clear... Looking at the energy, giving it a name – seeing it for what it is, *is processing through it*.

An additional tool you can use to process through this energy is to work with your angels and higher self. Ask your higher self and angels this Simple question: ***"please SHOW me what this Resistance Energy needs for me to know. Is it revealing to me a subconscious record (Neural Pathway of Belief) I need to transform or is it mirroring to me something about myself that I do not like and need to change? Or was this a growth experience to protect myself and set a boundary?"***

I've included this question in the worksheet.

The uncomfortable experience may be trying to reveal WHY you subconsciously believe you're unworthy, undeserving, or not good enough in some way.

Our perception of experiences are judgments - and as humans, when something we judge as painful happens to us, we must first get over the shock of it before we can do anything else. The time of getting over the shock could be a few minutes - or it could be a few days, weeks or if it was really traumatic... months.

The point is, that as quickly as you can, step back and give your full attention to your resistance energy so you can take your power back from the experience.

When you follow this process, when your "victim" energy is triggered you'll be able to remove Victim from your energy field once and for all and never be a victim again!

**Now I want to expose victim energy specifically with regard to conflict with others:**

When you experience a conflict with someone else, you feel the resistance in your body of anger, frustration, sadness, anxiety, along with feelings of being helpless or powerless, in some way.

The bottom line is this: when you feel like a victim, you give away your power. Before I learned how to take my power back, I became an expert at being a victim.

Florence taught me to "Bless your enemy, and you rob him of his ammunition."

When you bless someone sincerely from your heart, you shift yourself out of the pain of fear energy that's less than love to the higher state of love – which is where your power IS!

Remember, you cannot be in love and fear energy at the same time.

When you bless someone, sending love sincerely from your heart, you dissipate the darkness of fear within you - and when you shift within, the life outside of you - your without also shifts.

When you bless someone sincerely from your heart, you take your power back to create the highest possible outcome - and you illuminate the way for the person or situation you're blessing to realign with the higher energy of love, too.

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However, they have free will to accept this way to love energy that you've opened for them – or not.

When you're in the middle of an experience and you wish to respond, or retaliate, to someone who has just attacked you energetically, first stop and discern what energy *you're in*. Are you in a constructive, beneficial, in your power energy of love? Probably not...

Or are you in a detrimental and destructive, helpless, and powerless energy of fear?

The most important thing to stay focused on is your energy - what is it?

With the answer, you can then make the best decision for you. If you're in an energy of fear, your love energy is LEAKING! And you'll want to stop that leak and shift to a higher vibration of love before continuing. It's from the higher vibration of love energy that the highest outcome possible is available.

Florence teaches us that every man is your Golden Link in your chain of Good!

When relationships are painful, we now can clearly see that this is because they give you the opportunity to rewrite subconscious records and accept that you're worthy, deserving and good enough to be, do and have anything you want -- they reveal to you things about yourself that you do not like so you can change them – and they provide opportunities to set boundaries that keep you safe and happy. And that's how every man – even though it's someone who causes you to be uncomfortable – or you feel like you're being energetically attacked is your Golden Link in Your Chain of Good!

I also want to speak about being influenced by the thoughts, actions and words of others.

I mentioned in a previous module that when I was a child my mother told me, "sticks and stones may break my bones, but names would never hurt me." We KNOW this is not true - that words hold energy, and that energy is real.

Many of you are empathic and you take on the energy of others - sometimes through actions or words and sometimes you take on their energy simply by being near them or them thinking of you.

When you discover this has happened, stop what you're doing as quickly as you can and send love blessings to that person or situation. Ask your angels to surround you with a powerful circle of love that deflects negativity of others. By using your tools you'll take your power back and shift into the higher state of love energy.

I want to note here that when you're solidly in the higher state of love energy, your energy is intact - not leaking. And from that powerful, solid state, your empathy will lead you to send love to others - lighting the way for them to create a higher outcome for themselves - without draining you first.

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From the powerful, solid state of love, situations that used to leave you feeling powerless and helpless as a victim will no longer affect you.

This completes Module 14. Now go to the worksheet.