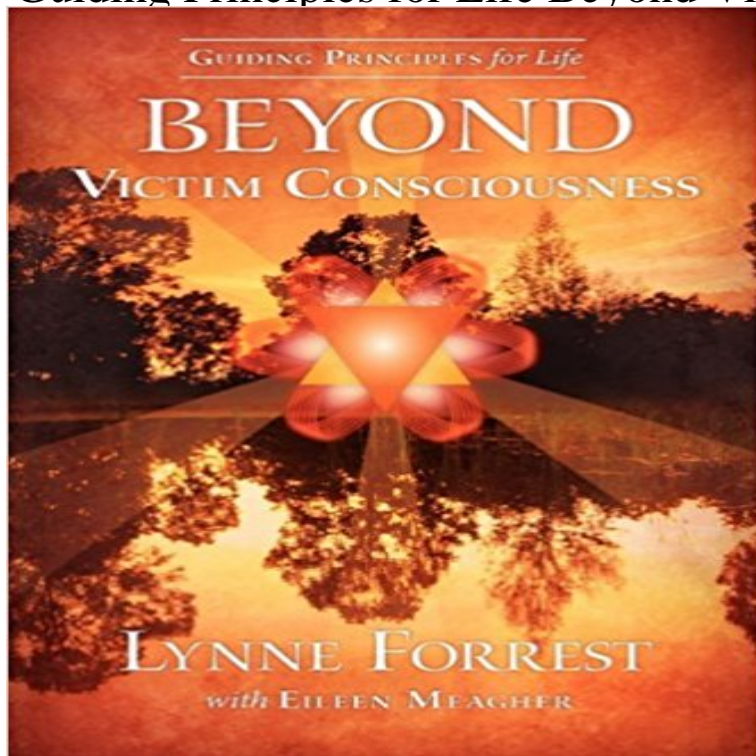


## Guiding Principles for Life Beyond Victim Consciousness



Guiding Principles for Life Beyond Victim Consciousness deftly describes how most of us move in and out of what Lynne Forrest calls victimconsciousness, and then provides a set of well-defined tools or Guiding Principles which can be used to break free of this limiting mindset. Lynne defines victim consciousness as the habit of thinking something outside of us is responsible for our happiness or unhappiness. In this remarkably timely and highly significant book, Lynne outlines a step-by-step process for activating what she calls observer consciousness which is the antithesis of victim consciousness. In Lynne's own words, Observer consciousness is a personal state of awareness that allows us to recognize the happenings in our lives as intentional opportunities to further our connection with ourselves and with Source. Lynne is a seasoned professional who has helped and supported her clients through all kinds of life issues: addiction, problematic relationships, spiritual malaise, etc. She uses a unique blend of ideas and methods distilled from the more classic works of Karpman, Byron Katie, Eckhart Tolle, and others, and presents as a result a clear, profound, and easy-to-follow program. These methods are grounded in universal and metaphysical principles. How we deal with life's challenges, not the challenges themselves, determine whether or not we are in victim consciousness. -Lynne Forrest Read this book if you want to learn to forgive and accept yourself, and if you are ready to experience a degree of harmony between you and your loved ones that you may have never thought possible. [I met Lynne] and I was introduced to a Higher Way...(I guess that phrase [applies here], When you are ready to learn, the teacher will appear... and Lynne appeared for me. Lynne is a true healer, and my spiritual mentor. Lynne will take you as deep as you are ready to go.

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