



The Path to Empowerment

By Kalpana (Rose) M. Kumar, M.D.

Have you ever heard people say “Life is unfair”? It’s a phrase that can easily become a part of our script. Indeed it is the script of many people today. The script comes from many years of conditioned thinking and from the part of us that may feel victimized. If we have been wronged, treated unfairly or dominated as children, we may carry this script with us throughout our life and play it out unconsciously. Since the ‘law of attraction’ is always operating in our lives, we materialize what we believe, which includes the scripts we play in our head from moment to moment.

Some scripts are imprinted in us from our families of origin. Others are learned from our peers and from the larger culture through media, advertising, and the collective consciousness. Some of these scripts are empowering, such as: “I can accomplish anything, I deserve to be happy, or I am abundant”. Others are disempowering such as: “Life is unfair, I am powerless, I am not good enough”. The disempowering scripts work through activating the ‘Victim’ archetype in our psyches. Archetypes were described by Carl Jung as universal forms in the psyche that channel experiences and emotions resulting in patterns of behavior with certain probable outcomes. The Victim is an archetype that is activated when we see life as unfair, or feel like the victim of another’s behavior long after the behavior occurred. This archetype causes us to lose our power and makes us vulnerable to domination and abuse. On its flip side, it can activate feelings of entitlement, lack of self-responsibility, blame, and persecution. If we look deep enough into the history of a person who persecutes others, we will find the Victim archetype driving the behavior.

I see this as one of the underlying archetypes beneath emotional eating, lack of self-care, and depression. When people are stuck in the Victim archetype, behaviors that can be healthy and restorative are replaced with behaviors that reinforce the Victim. When one gains weight through ‘emotional eating’ and feels shame, due to lack of self-control, one feels victimized by these behaviors and their outcomes. This creates an endless loop that is disempowering. This can be healed by understanding the power the Victim archetype has over our behaviors. One can change the script that activates this. This can even change one’s conditioned negative perceptions about life replacing self-abuse and disassociation with self-care and self-responsibility. Consequently, one is able to be fully present and participate in life with courage and presence. Often it takes the right health-care practitioner, friend, or family member to support this process. The process itself awakens a deeper understanding of life. Joy and health are some positive by-products of this shift.

As I supported this process for my patients, I witnessed the transformation and recovery of their lives, health, self-esteem, and self-respect. I have witnessed diabetes, heart disease, irritable bowel disease, depression, and anxiety heal. The process itself is powerful and restorative. It offers wisdom and a deepening experience of well-being for all involved. I invite you to explore this dimension of health as part of your reclamation process.

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