



ALTERING LIFE'S PATHWAY

The theme for this month is “altering life’s pathway.” So often we struggle with understanding why the results we desire are not the results we receive. I have found it is because of the pathway we are on. The pathway is sometimes cluttered with debris and mud. However, when we get to the foundation, we find that blame and oppression are the bricks which comprise the walkway. Below I attempt to make the case for changing this pathway to be one comprised of unconditional support and profound solutions. Please feel free to let me know your afterthoughts by contacting me at drnat@drnatwilliams.com. Wishing you the very best – Dr. Nathaniel J. Williams

INTRODUCTION: WHEN WE DIDN'T KNOW WHAT WE DIDN'T KNOW!

Without knowing, people are living in a persistent culture of blame and oppression. Now that we know this, we must be unyielding in our efforts to break away and develop a pathway based solely on solutions and support (S2). We must breakaway since blame and oppression will never bring us the life we desire and deserve. We must realize that all of our life domains (education, personal development, spirituality, finance, recreation, health, environment, and family/friends) have some degree of a historical and/or institutional foundation in blame and oppression. So much of what occurs in these domains use blame and oppression as its fuel to operate. Blame can be defined as fostering guilt, shame, and wrongfully charging. Oppression can be defined as cruelty, domination, and coercion. Blame and oppression actualize themselves on a daily basis through comparisons, control issues, controversies, and conflicts. This culture of blame and oppression brings out despair, destruction, devastation, fear, faithlessness, and fantasy in our daily existence. Consequences of this culture include universal traditions and practices of defensiveness, entitlement, and inaction at home, at work, and in our communities. The most evident consequence has been the personal internalization of the culture of blame that has unknowingly turned so many people into victims, and even worse, perpetrators.

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DIALOGUE 1: WITH A NEW DETERMINATION, THIS LONG OVERDUE AND CATASTROPHIC SHIFT IS POSSIBLE

Now that we know what we did not know, we are obliged to make a concerted effort to implement a new pathway based solely on arriving at solid, mission-advancing, and supportive solutions. We must provide support for all to imagine the “impossible” in an environment that their unlimited potential and capacity, is truly treasured. At the same time, we must let people know that “we have their back” and that it is all right to be vulnerable and to seek and give validation. We should seek to initiate positive and upbuilding change that is full of depth and represents a genuine attempt to eradicate a problem or challenge. A comprehensive effort of this nature commands a catastrophic shift in our way of living, thinking, and speaking. We must replace fear, immaturity, and emotional reactivity with concerted, mature, purposeful, and rational action. We must be committed to cease any individual thought or collective dialogue that drifts from solutions/supports to blame/oppression, even if only for a brief period. We cannot give another moment, day, meeting, interaction, or thought to this poor state of surviving.

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What's Happening on *The Navigating Your Life Show w/ Dr. Nat Williams on WFMZ Channel 69 ?*

Check here for a list of the episodes you can look forward to seeing on Channel 69-WFMZ in the Lehigh Valley/Philadelphia market with shows clips located at:

<http://www.youtube.com/user/natjwilliams> or
http://www.navigatingyourlifeshow.net/_episodes.htm



DIALOGUE 2: WHAT IS IT GOING TO TAKE? THE EXCLUSIVE VALUING OF PROVIDING SOLUTIONS AND SUPPORTS

At this fork in the road, we must decide if we are going to liberate or incarcerate ourselves and/or others. This new pathway will not be easy to bring to realization, but nothing that is right and proactive ever is. A pathway based on solutions and support (S2) will sustain us as we manifest our individual and mutual destiny firmly grounded in courage, conviction, and confidence. Achieving this pathway necessitates participation in courageous conversations and interactions supported by transparency, fellowship, and the interpersonal use of inspiration and motivation. These modes of interaction, undertaken in this vein, will help us in comprehending our real, however often ignored, interdependence. So often, the challenging events in our lives have stolen from us, or even worse, we have given away too freely the ability to fathom a **solution that is profound, strives for excellence, and requires radical change** through the exchange of **support that is unconditional and based on an upbuilding strategy**. Unconditional means whether there are good times or bad or we agree or disagree, that the support is there. It is lasting and not wavering. We should not be concerned with being considered right. We should be exclusively concerned with doing right by others and ourselves. Our efforts cannot vacillate between what is right and what we now know is wrong and harmful. We must be steady, committed, and firm in our belief in this new pathway. We, individually and collectively, deserve nothing less than to reclaim what is meant to be.

CONCLUSION: ENDING THE PAIN AND BRINGING THE PEACE - THE NEW PATHWAY OF REAL PROSPERITY – THE PROSPEROUS¹⁰

The opposite pathways of blame/oppression or solutions/support both fundamentally affect life’s four common denominators – self-worth, security, beliefs, and ownership. These four common denominators affect all of us at the core of our being. A pathway based solely on solutions and support positively influences these elements and authorizes people to strive toward their fullest potential. Altering our pathway requires unconditioned **respect**, supported by **maturity**, buffered by **responsibility**, cushioned by **principles and practices**, perpetuated by **recognition**, safeguarded by **balanced decision making**, shielded by **renewal**, shored up by **affordability**, sustained by **resilience**, and maintained by the **embrace of reality** that leads to holistic prosperity and being rational in our thoughts, actions, and words. We must be universal in applying this vision to all aspects of our lives and roles we occupy – leader, colleague, parent, spouse, friend, community member, etc. Without any reservation, we must declare, ***“We can. We must. We will alter life’s pathway to embrace solutions that are profound, strive for excellence, and require radical change through the exchange of support that is unconditional and based on an upbuilding strategy.”***

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Summer Book Highlight – The Affordability Factor: The 4Cs of Change - by Dr. Nathaniel J. Williams
The Affordability Factor: The 4Cs of Change is a concept developed by and transformed into a life-management tool to serve as a liberating framework for self-discovery and a guide to achieving our fullest human potential. This framework emphasizes that we must first recognize and then release ourselves from the traumatic, personal, and damaging effects of challenging life events. Such challenging life events come in many forms, yet they all share two characteristics: they are profound and life altering. Underlying the development of the concept and tool is that most of us are trapped in a vicious cycle because we lack the understanding required to reframe and direct the challenging life event to its rightful place in our life. From this rightful place, we can launch forward, stronger and wiser to ourselves and others. If we do not reframe these challenging life events, we inadvertently decrease our prospects for the future. Available at www.amazon.com or www.drnatwilliams.com.

Dr. Williams is available to provide keynotes, motivational speeches, and workshops. Please visit www.drnatwilliams.com for further information.