

## Video 18: The Abandonment Fragment (Transcript)

*by Wes Penre and Ariel Glad, June 10, 2018*

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Of all the soul injuries that we experience, we have concluded that the abandonment fragment is at the root of all trauma.

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We have pondered whether this was an original soul injury or fragment created with the takeover of this reality, in which humans felt abandoned and subjugated to the mercy of cosmic beings, who tricked us and manipulated us into accepting this reality and set of circumstances. This topic has been addressed by other researchers in the study of extra-terrestrial influences on the human soul group, so we will leave this topic for you to come to your own conclusions. However, it could be stated, if this is correct, it would explain why religion and the savior meme is a boundary that is so difficult to overcome in our beliefs and our perception of our current state on this planet. We have an innate feeling of being abandoned and a core need to feel that we have value to a higher benevolent consciousness. We have a need to feel loved.

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Abandonment can be a literal turning away and leaving the personal universe of a person, and it can also be simple neglect. When someone we care about invalidates our feelings; for example, ("there's nothing to be afraid of"), doesn't acknowledge our pain ("get over it"), or makes us feel that there is something about ourselves that is wrong, such as ("you have so much to look forward to, you shouldn't be sad"), we are abandoned. Can you see in the above examples that this is the birth of the inner critic?

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In a previous video, it was suggested that we should ponder where this inner critic comes from and whose voice is saying these things to us. It sounds like our own voice, doesn't it? Didn't we say that narcissists have no genuine soul for self-reflection or higher-self abilities to expand consciousness? They are mimics. They can only gather external

information and form their fragments into something that resembles human personalities, and they do this extremely well. Some say it is impossible to discern them from actual human souls except over long and careful observation of how they progress through life. This is particularly true about covert narcissists. The most important thing to remember about this ability to mimic is that they can plant the seeds of the inner critic so deeply, and with such an excellent ability to mimic, that the inner critic sounds like our own **voice**.

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We believe the inner critic when it says, "I shouldn't feel this way," or "I have nothing to be afraid of." "Turn that frown upside down. You're much prettier when you smile." These are all invalidations of our genuine emotions. These are all subtle and not so subtle ways we are told that how we feel and act in a situation is somehow wrong and we should change. This is when we begin to suppress our authentic selves and start to adjust our behavior and try to conform to the people around us so as not to appear wrong. We want others to accept us and like us. We don't want to cause others to feel pain. We begin to realize that our feelings and behavior affect the happiness and enjoyment of those we care about. It's better for them to be happy, because to do or say anything that might lower the other person's emotions might cause them to feel unhappy, at the least, and abandon us, at the most.

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No one holds this fear over our heads and keeps it right at the top of the wounds list more than the narcissists in our lives. We always feel under threat that they will abandon us. This creates the co-dependency, or the people-pleaser, personality. We will do anything, even sacrifice our own authentic self, to prevent abandonment. The narcissist knows this. This is a fragment that was created in early childhood in most people (and possibly a core soul wound as discussed), and it is a guaranteed "hook" that the narcissist can use with nearly everyone he or she interacts. In the same way that all narcissists use the exact same manipulation tactics, we also experience the exact same core fragmentations.

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Rather than express our feelings, needs, and desires outwardly in our relationships, those of us who have been subjected to this kind of abuse tend to suppress these things. We develop the ability to go inside

ourselves, creating an ideal place in our minds and our imaginations where we are free to be our authentic selves and experience total acceptance of every facet, even if that acceptance comes only from ourselves. We tend to escape reality into the worlds we have created in our minds. Most of us will claim that we love to read! However, when getting to the bottom of this desire we discover that our love for reading is actually a love for escape from our present reality which we find intolerable. This escape, or self-defense, mechanism can manifest in many ways. Reading is just one **example**.

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If we look closely enough, we can see just how much fantasizing and escaping of reality we really do on a daily basis. We can also see how social media fosters and nurtures the creation of the inauthentic self by allowing people to present to the world an ideal version of themselves. We can form and alter the image we present to others through social media to create a self that is not only always accepted, but that is lauded and praised for our choice of fashion, food, movies, or the accomplishments of our children and families. We feel so good when we are "liked". This is the creation of a fantasy reality, in which we can shape the external world's perception of us and ensure that we are accepted. Fear of not being liked is fear of abandonment.

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On a personal level, one of the foundational supports of our own relationship has been the solemn vow given to each other of "I AM NOT LEAVING." When we found the fear of abandonment at the core of most of our own wounds, we sought to build a foundation of trust and safety with each other that allowed for the expression of our authentic selves. There is no penalty for expression in OUR relationship. If what we say or do has caused feelings of sadness, disappointment, anger, or rejection in the relationship, we know there is a wound that has been triggered and we bring it to the present now moment to be discussed and healed.

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It's not easy. It's not easy to recognize when your wounds have been provoked in yourself or the other person. This takes patience, practice, and commitment to not disappear into our corners of safety we have created in our minds. The tendency to withdraw and revert to self-protection coping mechanisms is still a battle, but one that is getting

easier to overcome. Communication doesn't always come immediately. Sometimes the wound can fester for a few days before it finally gets addressed and sometimes it doesn't get resolved in one conversation; rather it takes several conversations over a span of a few days until the core of the wound has been found and brought to **light**.

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The guarantee and the promise to each other that no matter how we feel, how we act, or what we experience, we are not abandoning each other has been a corner stone and an essential element needed to form a relationship in which it is safe to begin the healing process. Not only do we experience emotional triggers in our daily interactions with the external world, but we also experience triggers with each other. It is crucial that we develop the ability to recognize when one has triggered the emotional trauma of the other. We must open the channels of communication so that we can feel safe to express how we feel with honesty and authenticity, and together we are able to offer each other validation, comfort, assurance, and most importantly, acceptance in knowing that the other person is still very much present in the relationship. This stops the re-active mind from doing or saying things that are generated from the pain of the wound. The emotions are brought to the present and the anchor to the past wound is pulled up.

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One of the wonderful things we have discovered is that when one person heals, the other person also heals. The effects of the healing process are multiplied for both of us in our relationship. When the fear of abandonment is taken away, the freedom to be authentic with the other person is healing on its own.

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Relationships can be with lovers, friends, siblings, or parents. The most important aspect of this type of relationship is the assurance of acceptance and the assurance of not being abandoned. When you are ready to take a person into your life and develop this type of relationship, and we strongly encourage it, be willing to take all facets of the person as your own. Most likely, the person with whom you feel this precious connection will have been attracted into your personal universe by your vibration and their wounds are your wounds. We all enter relationships with "baggage" from past abuse and we are still operating from sub-

conscious fragments (that's what baggage really is). Keep communication open at all times. Try not to escape. Be present with the other person. Accept that the other person is your mirror and simply a reflection of your own fragments that need healing. When we want the other person's healing as much as our own, we have formed the foundation from which spiritual growth can flourish.

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It has been our personal experience that we are much stronger and move forward so much quicker; opening doors to new insights, new abilities, and healing is increased exponentially when we are together as a pair of souls whose vibration and intentions match exactly. When two people are sharing an energy connection between each other, rather than one taking and one giving, the energy exchanged is amplified greatly! Imagine what would happen if these relationships grew to encompass not only two people, but more and more souls whose intentions and vibration match.

YouTube Address: <https://youtu.be/r9oyqWImqh8>