

Video 7: Narcissism in our Daily Life, Part 3: The Inner Critic and Fragmentation (Transcript)

by Wes Penre and Ariel Glad

Most of us have an "Inner Critic" inside of us; the so-called "Devil on our shoulder." Pete Walker, PhD, writes at length about the Inner Critic in his excellent book, "Complex PTSD; From Surviving to Thriving." Much of this information can also be found for free on his website, Pete dash Walker dot com.

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The Inner Critic is there as a consequence of our own shame and guilt from narcissistic abuse. When we feel we can't accomplish what we want, when we do something that we think is not accepted, and when we don't feel good enough, the Inner Critic; our brutal voice inside; comes in and tells us how useless we are. It can go like this: "I am useless," "no one loves me," "I am unworthy," "I can't accomplish anything," "I can't do anything right," etc. This voice can use any verbiage in order to tell us that we are not good enough. This inner voice that we sometimes create a dialogue with is a part of our wounded self. Each fragment, created in a moment of trauma and abuse, includes all five senses and the emotions involved in the incident. It also includes any criticism we were subjected to, or our own self-criticism. This whole package is then frozen in time, mostly inaccessible to the person. However, when triggered, this wound surfaces and takes over our mind for a period of time, and we relive and replay some or the entire trauma involved in the incident; including the Inner Critic. This Inner Critic then makes us re-experience the emotions we had during the abuse, and we relive them in present time. It can take anything from a few minutes to 7 to 10 days to recover from a severe trauma wound.

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The subconscious mind, where trauma is stored, preventing access by the conscious mind, is also sometimes called the "reactive mind" or the "Reptilian Brain." The term "reactive mind" is a good term because this mind operates in a complete stimulus-response manner; it is reactive. When we become traumatized, we usually dissociate from the trauma,

and the mind separates itself from the incident and gets buried in the subconscious mind. We call this "fragmentation." Amnesia, to a lesser or larger degree, then follows.

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All souls start a new incarnation as a complete soul without fragmentations, but it is impossible to go through a lifetime on Earth without being traumatized, and thus, having our soul/mind fragmented. It is therefore imperative that the parents treat their children as individuals, in a loving and compassionate way, so they can develop their own individuality in relation to their own freewill. Unfortunately, this does not happen here on Earth; the parents themselves have been conditioned, manipulated, and traumatized, and therefore pass on their own trauma to their children, who then adopt the parents' behavior as their own. When the children grow up, they are heavily conditioned by the parents' behavior; the more traumatized the parents are, the more traumatized their children will become. Because the codependent parent is also traumatized from narcissistic abuse, he or she, to some degree, traumatizes his or her children too.

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In spite of all the problems it has created for us, the Reptilian Brain (the subconscious mind) fills an important function. It was part of the human mind already before Homo sapiens were created; even the Namlu'u (the original human) possessed it, in order to register pain in traumatic situations. Thus, when they experienced pain and discomfort, the Namlu'u could instinctively react next time they encountered a similar situation and thus have better survival potentials. This is why we instinctively pull our fingers back if we touch something hot. Back then, we were meant to learn from this and go on with our lives with one experience richer. Unfortunately, this was recognized by the Alien Invader Force (the A.I.F.), who used this mechanism to systematically traumatize humankind. This has led to the severe state of fragmentation that is so prominent in humans today. The Reptilian Brain was never created to be used as a tool to manipulate, as it has been since the A.I.F. took over our solar system; (more about this later).

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Every one of us is, because of our own trauma, is somewhere on the narcissistic scale, but a full-blown narcissist is different. He or she has no

genuine soul, but is composed of only fragmented soul splinters, from what we have concluded. These people are “soulless” in the sense that there is no genuine soul in charge, and they lack a conscious mind, operating only from the subconscious; i.e. stimulus-response.

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Even so-called normal people are fragmented to some degree, but we have a genuine, self-aware soul that we consider being the “I,” or the ego, in this lifetime. The narcs lack a genuine soul (ego) and consist only of a myriad of fragments, based on traumatic incidents that they brought with them from the time before they were born, while the rest of us were born as complete souls with complete minds, before we got traumatized here in our earthly existence. This is a very important distinction we have made, based on own experiences and from research. It explains a lot of what was previously a mystery. Please watch remote viewer, Brett Stuart’s video for more information; see the description box below. This means that narcs were created by design; not by being traumatized and fragmented here on Earth. They were most likely fragmented *before* they came into this life.

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Some may argue that narcissists possess a much bigger ego than the average person, but this is not the case; this is just a façade. There is no one more frightened and emotionally wounded than a narcissist; his or her entire existence is based on fear. For them, everything is focused on one thing only—pure survival. Because they lack a genuine soul and a conscious mind, they lack their upper chakras. They can only operate on the lower three chakras, which all operate, when no conscious mind is involved, on survival instincts. This is why many narcissists are very sexually focused, and often promiscuous. They use sex, or the abstinence of sex, as a control mechanism. Most of them use sex, in one way or another, to traumatize their victims. It is well known that the second chakra, having to do with sex and procreation, is the most traumatized chakra among the human soul group.

YouTube address: https://youtu.be/_DiP-V_BTNM