

Video 8: Narcissism in our Daily Life, Part 4: The Soulless Narcissist (Transcript)

by Wes Penre and Ariel Glad

As we have mentioned before, narcissists are void of a genuine soul, and therefore, they most probably don't have an Oversoul, either. They only have enough soul energy to animate the body, which can be done by their fragmented "selves" quote unquote. It is our understanding that they don't reincarnate as we do, but disintegrate after they die. Many narcs instinctively know this, and therefore, they are often terrified of death. They might brag about that they are not, but when the narcissists get old, sick, and abandoned by those whom they have abused over and over, they resist death until their last breath. They have an amazing ability to hang on to life by a thread, whereas the average person would already have let go.

Also, most ordinary people have a tendency to come to terms with what is waiting when they're on their deathbed, but the narcissists usually don't. Many times, although it might seem impossible, they get even meaner and more demanding when they're close to death, in a last attempt to suck out life energy from people in their immediate environment, in order to live a little longer; preying on both family members, nurses and doctors, and others.

An important thing to realize is that true narcissists lack empathy, which means that they can't genuinely put themselves in another person's shoes and relate to how they feel. In the narcissist's world, there is only one person; the narcissist. Everybody else is just extensions of himself or herself. Thus, the narcissist treats others like objects that he or she can control. Narcissists don't see others as human beings. Therefore, if people in their environment don't conform to their will, narcissists have no patience for it, and they do everything in their power to make the person conform and obey. They see all vulnerability in others as weaknesses, and weakness is not accepted by the abusers because if others are weak, the narcissists see this as if they are vulnerable too, as everybody else are just extensions of themselves. Hence, vulnerability in

others is not looked upon lightly. Overt narcissists are blunt with this, while the covert narcissist manipulates the codependent into submission by pushing emotional buttons and twist the codependent's reality to such a degree that he or she often ends up thinking that the narcissist is correct, after all, and then the person adjusts.

If someone, whom you believe is a narcissist, seems to show empathy, examine this carefully, and if the person is a true narcissist, you will notice that the empathy is not genuine, but something he or she learned from us, and which they now reflect back on us because they believe that they can gain something from it, and thus, trick the codependent.

A narcissist, when cornered, sometimes admits to having been abusive or to being at fault, and he or she promises to change. This often even confuses a codependent who has some basic knowledge about narcissism, and the codependent often falls for it. The male narcissist, whom after having abused his victim for a period of time, buys flowers and tells the victim that he is sorry and asks for forgiveness, is the typical example, but this phenomenon can manifest in many different ways. When narcissists do this, it's because they know that they've gone too far, and if their victim becomes too drained of energy, the abusers can no longer feed off them. Therefore, they need to bring their victim back up to a higher emotional level, so they can start their vampirism all over again. This is why, after a period of abuse, the narcissists seem to repent and become very charming and seemingly loving and caring.

However, once the victim is back to a more normal emotional state, the abuse starts all over again. Thus, the key to understanding whether we are with a narcissist, or not, is to see if this person actually walks the talk and changes, or if he or she repeatedly falls back into old patterns. If so, we need to seriously consider breaking contact with the person, who most likely is a real narcissist. Still, the bottom line is that it doesn't matter; if a person is abusive to us and uses physical abuse or verbal abuse, if ever so subtle, it's still abuse, and it will stop us from living our lives, and it will continuously throw us onto an emotional rollercoaster ride.

By nature, a narcissist cannot change or recover, and therefore, once we have established that a person in our life is a narcissist, we need to, in order to be able to have a life of our own, disconnect from the narcissist. If we don't, it will sooner or later manifest in physical illnesses because all physical illnesses are just manifestations in the body and have metaphysical sources, i.e. emotional trauma that is in more or less constant restimulation. We also become more accident prone because our attention is focused on the narcissist, the abuse, and our own wounds, instead of focusing on what is happening in front of us, in present time. Being with a narcissist is an overall very dangerous thing.

However, a complete disconnection is quite impossible to achieve, if we are married to a narcissist and have joint custody of the children. When this is the case, we need to have as little contact as possible, and only if it is something important that has to do with the children that can't be resolved by only one of the parents.

Sam Vaknin, one of the best lifecoaches, in our opinion, he being a narcissist, brilliantly explains how a narcissist treats his or her sources of supply, i.e. victims, codependents. See the Description Box below to watch his video. It is important to be prepared that the narcissist you are about to leave will not just let you go. He or she will use every tactic in the book to prevent you from leaving; everything from abuse and accusations, to love bombing, flatter, and self-pity. Do NOT fall for it!

We strongly recommend that you watch the videos and check out the websites of the lifecoaches that we are mentioning in the Description Box below our videos. You will notice, as we go along with this video series, how important it is that we have a good comprehension of this subject because it is one of the most, if not THE most, important tool the A.I.F. uses against us, in order to keep us anchored in this reality.

If we don't grasp the concept of narcissism, we will not be able to advance spiritually beyond a certain level, and we will find ourselves riding in a constant emotional rollercoaster.

YouTube address: https://youtu.be/XfO03x2_T00