

## **Narcissism.**

Why my headline reads like that is because I am not a believer in something stagnant. Even a mountain and even a continent goes thru changes even though it takes a longer time. Nothing is forever. In this contrasting and polarized reality there is only two extremes and a center. We have Night & Day. Cold & Warm. Black & White. Fear & Love. Lie & Truth. Ego & Soul. Thought & Emotion.

So if somebody growing up never learns to understand and to be in touch with their emotions they will become more egocentric. Their personality will be very strong and they compete with other human beings from the lack of emotional understanding. The nature of the rational ego mindset. They can do very destructive things to others and truly don't understand the emotional consequences as they feel very little empathy.

For instance if somebody is in a relationship with a narcissistic individual and receives destructive treatment resulting in a break up. First up, this will happen when the narcissist has nothing left to win, when the other individual is broken.

They will also not understand why the one they've broken doesn't help them to move out?

As the ego is based on survival with lack of emotional understanding it will develop a strong personality based on lies. A strong facade. This cannot in a million years become exposed and so they will continue to hurt the broken individual afterwards making sure at all cost that nothing will break their cover.

As what they've done cause destructive consequences coming from a lack of emotional and greater understanding they only see the consequences. Not the origin of them that actually was from their own mistreating. Because of their identification with the rational mind they evaluate rather than to feel and so they calculate the situation which results in something very narrow minded. They actually calculate most of their life because of the nature of the thinking and not feeling mindset.

But here is the truth in all of this. They have not only been destructive. They have also been so beautiful and loving. So kind and helpful. And they can still be this afterwards sometimes. And some might think that this is some sort of an evil game they play. But I know that it's not.

This is actually their emotions and truth trying to break free. It's their soul coming up for air. But the ego personality has too much invested in it so it bullies it all down again. Just like they treated and broken the other human being. This is somebody bullied by themselves. Because they learned this growing up.

From somebody full of lies. From somebody full of fear.

The weirdest thing is that somebody like this lies so much about so many things that they outsmart themselves intellectually. They become the lie and that is very sad to see. And from that understanding it becomes apparent that the narcissist does not know. From lack of emotional understanding. That it is behaving narcissistic. We project our insecurities and from not taking responsibility regarding all of this we blame others. And that's why narcissists gaslight.

They can change and become free. But that has to be the end of all lies. All.

We all have this kind of behavior. It's only when it becomes very dominant as an individual becomes a dictator. We all dictate and try to control but most of us not as destructive.

The worst thing that can happen for a narcissist but actually is for the best. Is exposure to the lies. That will set them free. But it is also what is being defended by the ego. What is actually opening up and creating a world of love becomes "Invaders must die".

Can you see where war originates from?

/Lars Rosenblad