

The Magic Of 108: Using Mala Prayer Necklaces In The 21st Century

Even an Atheist Can Benefit.
How to Use Mala Prayer Necklaces & Sound Meditation as tools to
Move Beyond Grief, Combat Political Stress and Recover From
Narcissistic Abuse.

INTRODUCTION



Part of the human experience is to walk through the fire of some seriously difficult life events. This article addresses three types: **Grief** when a loved one passes away, **Political Stress Overload** and **Recovering From Narcissistic Abuse**.

Mala Prayer Necklaces – perhaps in conjunction with [Sound Bath Immersion Therapy™](#) or [Sounds For Intentional Living \(tm\)](#) – as optional tools to navigate your way through. Making it to the other side a happy and whole person is paramount.

The three topics I have chosen are:

1. **Grief:** Using Mala Prayer Necklaces and Sound To Help You Transition When a Loved One Passes Away.
2. **Stress Caused By Politics Overload:** Tibetans and Buddhists did not need to combat political stresses. But we do. So, lets explore, be creative and bring Mala Prayer Necklaces into the 21st century.
3. **Recovering From Narcissistic Abuse:** Identifying narcissists; identifying *How* these Covert and Overt Narcissists actively steal your peace of mind and parts of your soul; using Mala Prayer Necklaces & Sound Therapy as tools on your journey to recovery.

All three topics deserve special attention. So many people experience all three topics at one point or another in their life. No one can make it to even the age of 50 without facing at least one of these topics.

Finding peace of mind, not letting anyone steal it (at least not for long) is one of the games in life that must be addressed and played.

Being creative with Mala Prayer Beads, engaging in some sort of Sound Therapy and Meditation – in combination with a good Grief Therapist/Family Counselor – all of these steps can help a person recover and find their “new normal.”

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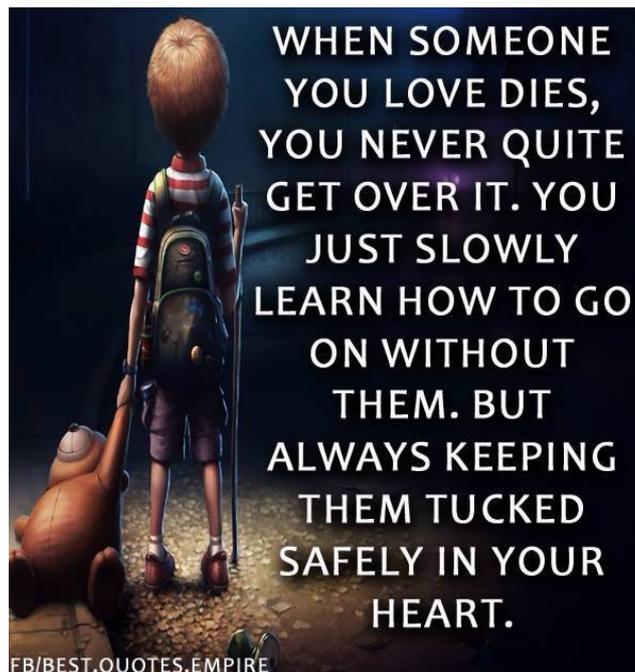
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Chapter One

Mala Prayer Necklace During Grief – Loss Of A Loved One



If someone you loved passed away, someone that was your rock – it can leave a forever hole in your heart. Your loss might be a an aunt, husband, wife, child, parent – or even a pet.

Grief attacks are notorious for sneaking up on us out of nowhere. They are non linear and have a mind of their own.

I never tell grieving people, “Time will heal it.”

Because grief is a non-linear experience, even if a person has gotten on with their lives, the wound is still there. Years after a loss, all it takes is a smell, a song, or an event to resurface the feelings of loss.

Anyone who has suffered the loss of a loved one knows that to be an untrue statement. Time only helps us learn to incorporate the loss into our lives.

“Time” is a man-made concept, something that runs only on a clock to help us structure our day. “Time” though, it does not exist in the heart or in the spirit – even for someone with mediumship tendencies like myself.

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Even though I understand “life on the other side,” the physical absence of people I have lost to the other side is still felt in profound ways.

Sometimes, all it takes is a familiar song on the radio and a person may find themselves in a pool of tears — ten years later. That individual might find themselves so caught off guard and thinking, “Where the WHAT did these tears come from?”

Mala Prayer Necklaces can be used as a tool when these moments happen.



Mala Prayer Necklaces are not Harry Potter Wands that magically make a life experience vanish into thin air. Though this would be nice, it is not realistic.

If you have suffered a loss and are grieving, try this: First, put some calm music on that you like. Next, find a comfortable place to sit. It should be a place where you won't be interrupted. If you are not home and don't have access to calming music, just take a deep breath and pull out your Mala Prayer Necklace.

You most likely won't *feel like* doing this experiment I am about to suggest. In the throws of any grief attack you might have to coax your mind into the experiment by saying something along the lines of, “this is an experiment, let's see what happens if we do it. We can stop at any point. No problem.”

Experiment: Hold your beads in your hands and just look at them. Don't do anything other than just stare at them. If you are in the middle of a grief attack, that is probably your 'personal best.'

Maybe after some time of this you will find yourself touching each bead, with no thoughts in mind. Go with the flow, just breathe and go with whatever personal flow finds you.

Let the tactile aspect of your moment take on its own shape.

Maybe you are still crying, maybe you are starting to settle down. It is your journey in this moment; just be in the moment.

There is no judgment. This is your own personal space that is being filled by you. Congratulate yourself for being strong enough in this moment of grief to be able to take a moment and show up for yourself to care for yourself in this manner.

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Feel the bead and notice its texture. Is it smooth? Cold? Rough? Round? Focus on the details of each bead.

After some time, you might find yourself saying a thought or a random sound out loud. After a few minutes of this, you might even start to feel a calm wash over you or feel a warm glow of inner peace.

If your subconscious gives you something to say or hum, start vibrating the sound quietly – but out loud – while touching your beads.

Gently, without making yourself feel like you ‘have to do’ anything, maybe even say your sound or phrase out loud – applying the sound or phrase to each bead – one bead at a time.

Let a flow take its own form. After some time, direct yourself to do this for every bead the entire way around the Mala Prayer Necklace. By the time you get to 108 times (that is how many beads are on a Mala Prayer Necklace) of saying whatever phrase or sound you chose for yourself, the intensity of the moment will be over.

Mala Prayer Necklaces are not a replacement or a magic pill for grief. However, grief can interrupt a person’s life to such a degree that finding a space for a peaceful moment is necessary. Mala Prayer Necklaces, in this manner, can be a useful tool while you go through your process.

If you have mediumship tendencies and all else fails, resort to ‘reverse haunting’ to get it out of your system. (Humor for my dear friend. :-)!)

I suggest Mala Prayer Necklaces first though. Finding an inner peace for the loss is important.

Always remember, Just Breathe ... 108

Chapter Two

Using Mala Prayer Necklaces to Combat Political Stresses

In a day and age where politics have so many people (on all sides) in high states of anxiety, using Mala beads to bring yourself back to your soul-self can be beneficial.

Many therapists are in agreement that more clients than ever are coming in with an increased level of politically induced chronic stress.

Whether a person is Independent, Democrat or Republican, Americans on the whole are experiencing higher levels of stress due to politics than in previous years. Therapists are working with their clients to give them tools for stress reduction and ways to cope with the current environment.

Not everyone has access to a therapist.

Perhaps it is time to find creative 21st century ways to use Mala Prayer Beads and Sound Therapy in ways Tibetans and Buddhists could not provide (since their teachings are from a different era.)

Why not explore a 21st Century way to use Mala Prayer Necklaces and Sound to facilitate the reduction of stress in our politically overloaded world.

Currently, politics are bombarding us from every direction. It is hard to get away from it for even a break.

For me, I had to start limiting myself to watching the news only twice a week. I had to step back and realize that less news watching = better quality of life.

To step back in that way was no big deal, really.

You see, I already know which way I vote and know nothing will change that. I realized that, since my foundation is already set, then reducing stress levels was the only thing about this political environment that needed a life style tweak.

I found that, even if I agree with some political news, watching it still feels stressful. That is just me, though. Everyone is different.

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By having 'walked it back' a notch, my personal self boundary allowed me to adopt the viewpoint of "Why let politicians, people or the media suck me into topics that just feel stressful? Everything on the world stage will play itself out how it will play itself out – regardless if I watch or not."

As for you, the reader, so many different things which trigger the "political stress" can happen while going through your day.

For instance, on a rare occasion, you might run into someone who will demand that you engage in a political discussion. This person might even belittle you for having a self boundary.

It is super rare that you will run across this type of individual, I realize. But, it can happen that this rare person trying to bait you into a political conversation will belittle every effort you give when you say things like, "No, I do not want to discuss politics in email format,"; "No, I want to have friendship be the priority over politics,"; or simply "No". ("No" is a complete sentence, after all. No one needs to justify why they are saying "No".)

Or, maybe an individual is not the issue that is causing you stress. Perhaps you might simply be on "news overload." Sometimes the news is just too much – on every channel, radio, social media – constantly going.

We all need to find what works for us.

How About Adding This To Your 'De-stressing' Ritual:



For instance, leave an untenable person, turn off the TV and radio, walk away from social media. Focus on life outside of those situations. Give your brain a break. Politics will always be there later when you peek again (and you know you will peek.)

First, before grabbing your Mala Prayer Necklace, in any of the political situations that feel overwhelming, step one for self care is to turn off whatever it is that has you on overload.

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These are obvious things anyone can do.

Doing these steps though, are only the first steps in a person's own process towards finding peace and regaining a sense of "personal center."

If you can catch yourself in the stressful moment, and if you can re-center enough to remember, pick up your Mala Prayer Necklace.

Slowly, bring your mind to the beads and begin focusing on a positive affirmation.

As you make your way around all 108 beads, say your affirmation with intent – listen to each word, feel your breath as you focus on your affirmation, pay attention to your body and the sounds in the room. You can keep your mind so busy doing these things that it won't have time to be focused on anything else.

This is your personal moment, a time to not let anyone 'live rent free' in your head.

Mala Prayer Necklaces can be your most positive private response to politically induced stress, a tool to help you take care of yourself. Your Mala Prayer Necklace can create a sacred space while you focus on peaceful vibes. Goodness, the world needs more peaceful vibes.

Using Mala beads to practice these states of mind a few minutes every day is a far healthier choice than letting other people (or even the news-overload) drag you into a stressful state meant to drain your life force.

In other words, use Mala Prayer Necklaces to refocus and save your mental and physical health.

Even an atheist can benefit from Mala beads in this regard. It is one way I combat political stress; that and music.

If you don't have a Mala, you can either purchase one from my store, or remember to

Just Breathe ... 108.

Chapter 3

Using Mala Prayer Necklaces & Sound Healing As Two Tools When Healing From Narcissistic Abuse

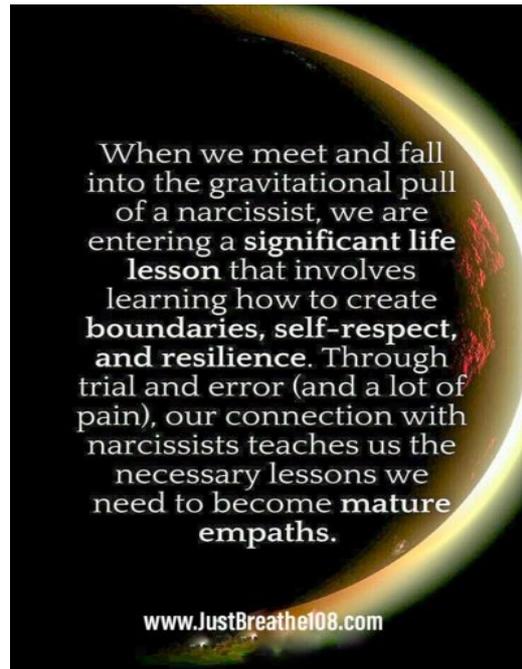
I am Dedicated To Bringing Awareness To Narcissism & Its Devastating Effects on Victims.

At the end of this section, I Offer Tools and Exercises with Mala Prayer Necklaces Designed to Help Victims of Narcissism Find a Healthy Path Forward. We Cannot Control How Others Treat Us, But We Can Control How We Treat Ourselves Going Forward.

I Also Give Suggestions For Types of Sound Therapy Which Have Been Known To Help the Subsequent PTSD (*post traumatic stress disorder*) Victims of Narcs Can Experience For Years Following Their Emotional Abuse.

One of the example stories in the section "The Covert '*Behind The Scenes*' Narcissist" includes a sub-story involving a parrot who was rescued. Her name is Fresca.

At the very end of the book, I provide follow up photos to show Fresca's progress & happy ending in her new forever home.



This serious life event is in-depth and long. However, the topic is far too important to pass up. Just too many people have suffered from the emotionally cruel mind games played by narcissists.

Typically, 'Soul Retrieval' is a term applied to Shamanic practices. 'Soul Retrieval' is a Native American ritual designed to help people who have been injured psychologically and/or physically.

Native American traditions can offer deep spirit or spiritual practices facilitating the healing of deep psychological traumas or abuses one might encounter as they journey through life.

Exercises with Mala Prayer Necklaces in combination with regular Sound Meditation Sessions may not be Shamanic in nature.

However, what they do have in common – and what I have witnessed over and over – is how sounds, rhythm and repetition can shut off the chit chat mind long enough for people to have periods of peace. Anyone can bring back information from their most inner self through exercises which serve to bring their soul peace and rest.

One of the most profound and deeply damaging types of injuries – one I am dedicating this long section to – is the emotional damage to a person inflicted by a narcissist or a group of them.

I feel this is an important section because by the time a person is absolutely sure what has happened to themselves, the damage to the psyche of a narcissist's target is usually complete – sometimes permanent damage has been done.

There are several types of narcissists. Regardless which type of narcissistic abuse one has endured, for the person who has been a target of a narcissist, a recovery time and healing is essential. No one deserves to go through life carrying the scars a narcissist has inflicted on them.

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Many victims of narcissists end up with high anxiety and PTSD resulting from the psychological abuse.

To facilitate the healing process for the resulting PTSD, (post traumatic stress syndrome) later in this article I suggest [Sound Meditations](#) and also offer suggestions to get the most benefit possible from your [Mala Prayer Necklaces](#).

Naturally, those are just a couple of things a person can do to regain their center and begin the process of regaining their sense of self worth. Of course, I will never leave out that a good Family & Grief therapist is highly recommended.

Every tool in the tool box which helps towards recovery is highly recommended. The goal is to move away from the emotionally toxic life narcs offer and into a life that includes a healthy, whole and free spirit once again.



Three Reasons I am Covering This Topic

1. You – the reader – might recognize a theme and variation for yourself. Awareness is always step one to reclaiming your sanity, soul and awesome future ahead of you.
2. You might start to recognize some patterns and realize a loved one of yours might need insight. This might end up being information you can pass along to ‘that someone else’ so they can start recognizing patterns and maybe have their own “ah ha” moment.

Each person being abused by a narcissist will have their own story. No two stories can be the same.

However, the patterns and styles of abuse behind the stories are predictable. The patterns will become easily recognizable by the end of this very long section.

3. By the end of this article, even when I share Mala Prayer Bead exercises and more about Sound Healing, you will fully understand that I am not claiming to have any ‘cure’ or ‘quick fix’ to anyone’s recovery process. I have my eyes wide open to the fact that we all have to follow our own individual steps in what we feel is right for us on our long road to recovery.



What You Can Expect To Understand By The End Of This (Long) Section.

1. Learn to identify if you are dealing with a narcissist. Learn the **two trigger words** (verbal or an action) that will always cause a narcissist to start abusing someone.
2. Learn to identify common patterns of '*passive aggressive*' Covert Narcissists and how they administer their psychological abuse when gas lighting their victims.
3. Learn to identify common patterns of '*behind the scenes*' Covert Narcissists and how they administer their psychological abuse when gas lighting victims.
4. Learn to identify common patterns of '*in your face*' Overt Narcissists, and how they administer their psychological abuse when gas lighting victims.
5. **To The Onlooker:** Learn how to avoid inadvertently helping a narcissist victimize their target with further psychological abuse. It is natural to look at the person reacting and think they are the problem.

With this education & insight, you will learn **one simple exercise** to more easily identify the narcissist hiding in plain sight while deflecting their illness onto the person they gas lit into a reaction.

6. **Reclaiming Yourself From Narcissistic Abusers:** Through meditation, Mala Prayer Necklaces, Sound Therapy and a good Grief and Family Counselor, finding peace again is possible.

At the end of this article I provide two exercises (Mala Prayer Necklace One and Mala Prayer Necklace Two) to help facilitate recovery.

In these exercises, you will learn what happens when you experience your gut wrenching crazy persons Soul-Scream-Moment, "Never Again!! Never Again!! ... I Need My Health!!"

In these exercises, you will learn what it means to rip off the shackles these emotional-addicts needed you for in order to be "*high on superiority.*"

You will also learn what it means *to retrieve your soul and* manifest into your consciousness the inability to ever be a narcissists ego-food again.



The Need To *Feeeee!* Superior VS Actually Having Hard Earned Superior Knowledge and Skills

When I say narcissists need to feel superior, I am not talking about the type of 'expression of expertise' which literal experts of certain topics will naturally exhibit.

For instance, a person actually does know more than most people on certain topics. Perhaps that individual spent 10 years in school for a degree, 25 years of training, maybe even have spent tens of thousands of hours in hard labor learning a craft at the highest levels.

The individual who worked really hard or spent the hours on research in order to function at a high level of education on specialty topics, this person *really does* know more than most on these topics.

Being informed and better educated on isolated topics has nothing to do with the "feeling" of "feeling superior."

An oncologist knows more than me on the topic of cancer, as an example, because this person put in the years required to be current.

A professional parrot rescuer, as another example, would know more than I do regarding how to rescue a parrot.

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A rescuer would know, for instance, what veterinarians to immediately contact in Day #1 of any rescue. A rescuer would also know this requires an avian veterinarian, not just your typical vet people take their cats and dogs to. Parrots are exotic birds and are a specialty topic among veterinarians. Like a doctor of humans specializes in topics for a career, so do veterinarians.

An experienced rescuer would also be well informed what medicines (if any) the rescuer can and cannot legally administer to the rescue parrot without release signatures given by the original owners.

Among other things, a parrot rescuer would also know how to create an emergency make-shift incubator for a parrot already in critical condition at the time of the rescue.

An experienced professional parrot rescuer knows how to save a parrot's life in the initial steps far better than I do.

Additionally, details they would also know about and be in charge of include how to raise money from the public if the rescued parrot is in such a bad way it will cost thousands of dollars. A rescuer cannot afford to foot the bill of every animal they rescue. Families who neglected their pets to the point they need rescuing have the option of either footing the bill themselves, or money is raised on social media.

An experienced professional parrot rescuer would also be in charge of and know how to write up any fliers to use on social media for the purpose of fund raising. It is too much to ask any parrot rescuer to have expenses come out of their own pocket. When people neglect their pets, it takes a village to save them.

Why would a parrot rescuer have all of this information a common person like myself would not have the first clue about?

Because that rescuer is in the business of rescuing. Rescuing parrots is an area of expertise gained through hard work and many years of experience. Therefore, a professional parrot rescuer is superior over others in his/her knowledge.

Another example. Say it is not someone who rescues parrots. Say it is just an owner of a parrot (or parrots) who dutifully did their own research to know how to best care for their parrot pet, making themselves an expert over decades of experience by following the knowledge of other experts. That is another example of someone who is more educated than others on specialty topics.

Another example: Someone who manages a lot of people and has taken many management classes on this topic is an expert at managing people.

This manager would have accumulated vast amounts of experience over the years in how to spot and deal with manipulative people who are slowing down the managers ability to reach a goal or complete a project.

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The experienced manager knows how, (after manipulative people have been identified) to expertly 'play the ego game' which the manipulative person requires.

The manager will patiently play along, saying what needs to be said to feed the manipulative persons ego, and will do so until the desired outcome and goal of the skilled manager is achieved.

A manager is skilled, not because of their ego or a *feeling* of "feeling superior", but because this manager put in the hard work to learn a skill.

A manipulative person is no match for a skilled manager, though the manipulative person will be made to *feeeeel* 'in control' and be given the 'illusion of authority' while the manager is skillfully walking the manipulative person towards the end goal.

In other words, people who really are educated experts in their field or hobby choices have knowledge that is unquestionably superior to people who have not put in the time or effort required to specialize.

So, to be clear, when I say the words 'feels superior', I am not referring to someone who has dedicated many years of effort in order to achieve a high level of knowledge, making them actually more superior than others on certain topics.

I am not referring to that type of "superior."

I am also **not** talking about a person who has a healthy amount of narcissism.

Since everyone needs to have narcissistic qualities to survive life, a list of some qualities of a Healthy Narcissist is provided on the next page:

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The list below is taken from <https://energeticsinstitute.com.au/narcissism>:

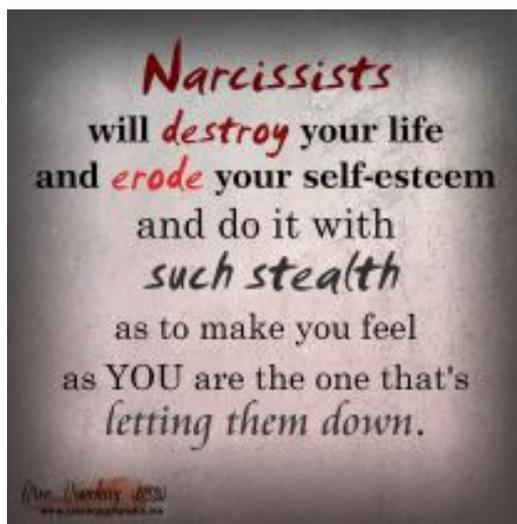
Some narcissistic people are “healthy” in their approach to life and achievement, but they are not of the type to be discussed throughout this article. A healthy and productive narcissistic person goes about their lives in a passionate way, achieve their goals, but retain empathy, consideration for others, and often a mindset of contributing to their community. Healthy Narcissism has more of the following characteristics according to Lewi-Martinez(2008) and Meir(2009):

- Life is not all about them.
- They are able to have stable and enduring marriages, relationships and/or business careers.
- They are often involved in charity and community service.
- These people make and keep promises to others and to themselves.
- They can give and take from a grounded place.
- They are usually empathic and engaging.
- They are determined leader who seeks recognition where it is due and where respect is earned through hard work.
- They can be assertive and accountable to self and others.
- They can be wisely fearful and knows limits.
- They can be self possessed but not selfish.
- They can be very competitive and like a challenge;
- They can be vain in their achievements, but the achievements are real, deserved and earned.
- They can be in contact with their own inner needs and wants, and know the difference of each.

Someone being an expert in a field because they actually do know more than someone else **vs** someone needing to tear people down by extracting reactions and then diminishing their target for showing signs of having been gas lit are two entirely different things.

The narcissists I am going to dive into are the latter.

When I say “narcissists”, I am referring to the type of people who need to get their euphoric fix by *feeeeeling superior*.



The only way getting 'high' on superiority can be accomplished is if narcissists tear someone down and/or break them into a reaction. In doing so, the narcissist can then look down on the person as "weak" or "unstable".

Narcissists have an addiction.
They need to get high.

The 'high' is the *feeling* of superiority and self righteousness.

The reaction and pain caused to the target gives the narcissist their needed narrative that their target is somehow 'weak', 'unstable' and 'loves drama.' Phrases like these make up the internal dialogue which helps a narcissist feel entitled to continue the psychological attacks -- sometimes more frequently or more aggressively.

Additionally, these *perceived flaws* are what the narcissist then points to help make themselves feel justified to self righteously discuss the reactions of their target with others -- while pretending '*innocence*'. This is how a narc gets 'high' on superiority.

Hence, being 'high' on the *feeling* of superiority, authority and self righteousness.

In order to get the euphoric *feeling* of "superiority," a narcissist will justify every single cruel psychological act that gas lights their target into a reaction.

Next, the narcissist will pretend innocence, pretend ignorance and even pretend to have a calm, collected and warm demeanor.

Like a drug addict, narcissism is an illness which the narcissist cannot see, accept or own.

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Unlike a drug addict, because they deflect their illness onto their target, it is someone else who is harmed instead of the addict. The **only** way for a narcissist to keep getting their high of 'superiority' is to deflect their illness onto their target.

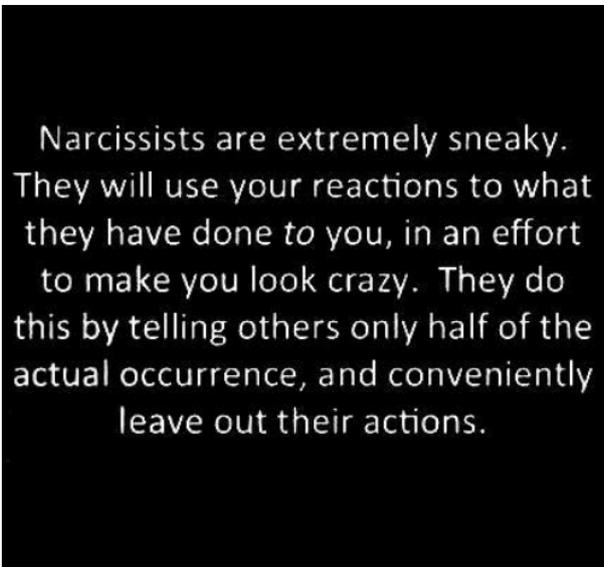
In so doing, the narcissist and their *addiction to superiority* go undetected right in plain sight. All eyes are on the victim, the victim can not receive any meaningful help or support because the victim has been gas lighted, and everyone is more likely to believe the calm cool collected narcissist pointing to the victim as the 'lover of drama.'

This is how narcissists can psychologically kill people in plain sight and remain completely hidden.

Depending on the style of narcissist (covert or overt) depends how fast or slow their intended target will be run over. It might be gradually over time, or at the speed of lightening.

Either way, once the desired dramatic reaction has been attained, the narcissist can then diminish the target for having reacted and point to the target as the 'real problem.'

Then the narcissist can proceed to further indulge in the *feeling* of superiority, authority and self righteousness by discussing the "emotional instability" of their target with other people and psychoanalyze the target - pretending as if no one pressed any buttons and discussing it as though the reaction happened all by itself.



Narcissists are extremely sneaky. They will use your reactions to what they have done to you, in an effort to make you look crazy. They do this by telling others only half of the actual occurrence, and conveniently leave out their actions.

How People Unwittingly Help a Narcissist Abuse Their Victim.

Narcissists are good at deflecting all the attention off their narcissism onto their targets. They do this by pointing to the noisy person reacting.

When they do this, they have essentially dumped (deflected) their own illness onto their target and victim – the noisy person reacting.

Here Are Two Reasons Why A Narcissist Must Make Sure Other People Direct Their Attention & Critical Remarks To The Person Reacting:

1. All narcissists will make sure the victim of this abuse will always be pointed to and labeled as the “real problem” or the “lover of drama”. This is the only way an abuser can continue while remaining undetected.
2. It feels good for the narcissist to collaborate with others. It is a way to gather group consensus and justify cruel behavior. Discussing the target’s reaction is like – well – dessert time. A narcissist can keep the high going a little longer by gossiping about the reactor.

Onlookers naturally look at the victim – the person reacting – and make assumptions that the person reacting must be ‘the real problem’, the ‘lover of drama.’ After all, look at the drama ‘over there’.

Narcissists 100% of the time will encourage onlookers to keep all eyes on their *reacting* victim.

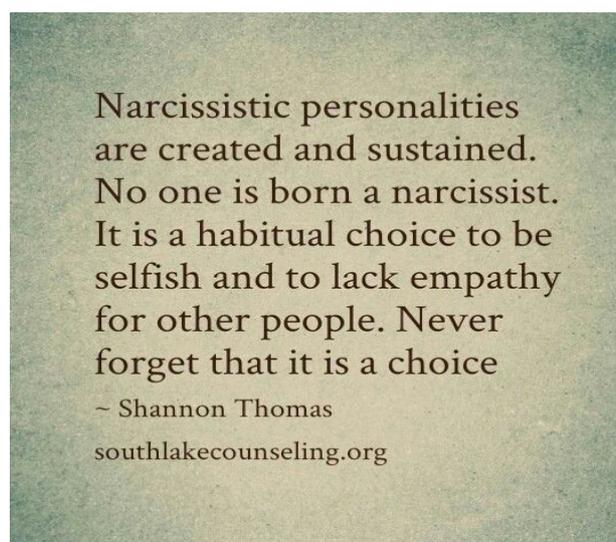
Hopefully, by the very end of this article, an onlooker will be able to more quickly see past the psychological ‘sleight of hand’ and distinguish faster who is the real victim (the person being gas lit) and who is the real narcissist (the calm person hidden in plain sight.)

The Psychological Pyromaniac Is Somewhere Nearby Enjoying Their Handiwork.

Narcissists are psychological fire starters. The fire is never the instigator of the fire. That is illogical. Someone had to light the fire. So it is with narcissists and their victims.

1. The handiwork could be from a Covert Narcissist which some describe as a "the pot stirrer."
2. The handiwork could be from of type of Covert Narcissist who works only behind the scenes in order to remain invisible. This type of covert narcissist enjoys a slow psychological death to their victim in form of calculated 'whisper campaigns' and character assassinations. Their victims never know what is going on behind their back.
3. A third type of handiwork could be from a proud Overt Narcissist who - when their fake face finally falls off because they are too exhausted to keep pretending any longer - gets right down to the business of proudly gas lighting and name calling.

Fires don't just start themselves. Gas lighters do not gas light themselves. Someone is enjoying their handiwork and indulging their *feelings* of self righteousness, authority and superiority over someone else -- after lighting them on fire. It is psychological warfare. Narcissists are psychological pyromaniacs.



If You Are Trying to Figure Out if You Are Dealing With a Narcissist or Not, Trouble Shoot by Doing This:



"Knowledge is power. The more you recognize narcissists' alternate realities, the less confusing their behavior becomes."

~ Dan Neuharth PhD MFT

There are two words or actions that will trigger a narcissist every single time.
"No" and "Boundary."

The narcissists personal need to get their 'high on the feeling of superiority is one reason a narc cannot hear the word "no", "boundaries", or "stay away from this scab" without being triggered into a narcissistic episode. To them, it is like, "Oh goodie! Something to gas light with!"

If you are suspecting you might be on the receiving end of narc abuse, do this ONE simple test:

Either say "no" to them or use the word "boundary." Set a deliberate (but reasonable and healthy boundary any normal person accepts in daily life) and see what happens.

Next, observe how the person in question treats you after having been confronted by you with one (or both) of those words.

Your answer to the question, "Am I dealing with a narcissist?" will always manifest itself in the *patterns* of the individual in question; *your answer will be visible in how you are treated by that person going forward.*

When a normal person hears "No" or "boundary", they have a moment and get on with it.

Naturally, nobody enjoys being wrong or hearing the words "no" and "boundary." The little kid in each of us would rather do whatever we want, whenever we want. Right? :-)!

However, after we entertain that moment, the little kid in us usually reverts back to being an adult and gets over having been told “no” or hearing of someones boundaries. The adult inside most people will ultimately respect the other person who set those reasonable boundaries.

A person capable of empathy towards others can respond sensitively to the feelings of those around them. This person understands that common sense and reasonable boundaries are a part of life.

For this type of person, it is easy to grasp that, if a person were to have zero boundaries and just go through life as a push-over door mat – well, that is no way to go through life.

*A therapist once said, “The Bible says to love your neighbor as yourself – not more.”
In other words, have a self boundary and don’t make other people more important than yourself.*

Here is something for you!

**If You Find Yourself in the Middle of Being Accused of Exaggerating,
Over-reacting or Just ‘Being Too Sensitive’,**

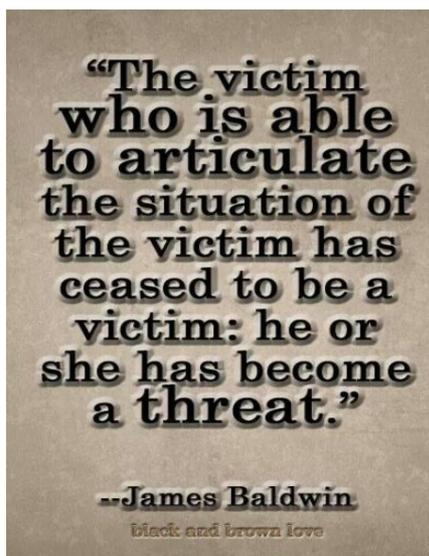
Try This ‘Self Quiz’ on the next page. Ask yourself a series of questions.

You Might Discover That You Are in the Middle of Narcissists Who Are Just Using You As Ego-Food.

**Maybe You Are not Ego-Food and People Are Correct When They Tell You That YOU Are The ‘real
Problem’.**

Either Way, Don’t You Want To Find Out?

Turn the Page if You Do...



When you feel like you are justifiably reacting to something happening to you that you know you would never do to anyone else, take a deep breath and do THIS first:

Pause, look around and notice the patterns.

To assess the situation more objectively, ask yourself a few SIMPLE questions.

Ask yourself, "is there *anyone else* in my life who I feel like this around? Is there *anyone else* in my life I experience the feelings of hurt, confusion, belittlement, always talking myself into valiant efforts of 'sucking it up', feel full of self doubt and even reactive – in a cyclical pattern?"

I am not suggesting you ask yourself, "who is *making me* feel bad?"

I am suggesting you ask yourself, "**Who** do I feel bad around?"

There is a big difference: "Who is *making me feel* this way?" is a question that leads to an answer which blames someone else for how you feel. It is a question that leads to an answer that potentially plays right into a psychological game a narcissist is doing when he or she is gas lighting you.

"**Who** do I feel bad around?" That is a question which leads to step one in your journey towards gaining clarity as to what is really going on around you. This is a question that is step one for self empowerment going forward.

So.... notice **who** you feel bad or reactive around.

Don't get stuck in the feeling of feeling bad or hurt. It is super easy to get stuck in the feeling to the point that being objective flies right out the window and maybe lands on a different continent.

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Do not have an opinion on the feeling of feeling bad. Rather, notice **WHO** you feel reactive around.

Ask yourself, "Is there a pattern to these feelings? Are the episode of "feeling reactive" coming in waves, as if in cycles?"

Chances are, the answer will be "Yes."

Slowly, as a way to regain your sense of self and clarity, assess the situation from a bigger picture. For instance, ask yourself, "Is there only one person I feel this way around, and is it a cyclical pattern? Do I feel this around anyone else in my life, or is it this just one individual?"

By now, chances are, you have identified one person who you find yourself constantly doubting yourself around and constantly having to 'suck it up' in order to avoid feeling reactive in this cyclical manner.

Ask yourself, as a hypothetical example, "Has this identified person ever talked about someone else and pointed at how this other persons reacts?"

Has this person, as an example, ever said about an x-girlfriend, "I couldn't even do road trips anymore with Jane. We quit doing things together because Jane just kept screaming at me. She totally ruined a road trip, she just kept screaming. Now Jane just wants to stay home, be a homebody, smoke pot and hole up in her bedroom. She won't do anything with me any more -- even when I give her first option before asking anyone else. I got lonely so moved on."

Have you ever found yourself in a conversation where this person you have identified in your life was so convincing and came across as sooooo innocent that your eyes and ears could focus only on the part of the story about how *Jane* screamed at this person, it was Jane that was impossible to do things with any more and it was Jane who constantly turns down any opportunity to do things together?

When you were told this story, repeatedly, was it done in such a stealth manner that it **never occurred to you** this 'reactive Jane' may have had all her buttons pushed by the story teller BEFORE she reacted? Did it ever cross your mind that perhaps *something(s)* had built up?

Was the story teller totally pointing to Jane's reactions, even acting confused how such a reaction could have occurred? Did the story teller act as if Jane had this emotional spontaneous combustion out of the blue and completely unjustified?

Is a light bulb coming on?

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Look at this now identified person. *Listen to how* this person is recounting the story. Is it being recounted as if the story teller is innocent and even mystified while pointing at the x-girlfriends reactive tendencies?

Is the story teller sounding more like the victim in this scenario?

Was this conversation led in such a manner it caused you to sympathize with the story teller, perhaps even collaborate with the story teller in a manner as to dissect and psychoanalyze Jane's history of staying in her bedroom smoking pot?

By the end of this conversation, did you feel like him having left his x-girlfriend was also justified. After all, who would want to hang around with a pot smoker who doesn't want to do anything with their boyfriend.

Are you hearing any self praise by the story teller for how calm he was during this dramatic scene of the mysterious 'spontaneous combustion' reactions which required them to stay calm? *Super important to observe this detail because it goes to identifying someone else who also might feel reactive.*

Did you walk away from the conversation viewing the x-girlfriend who screams on a road trip as a *pot smoking reactive person who rarely comes out of her bedroom, who quit doing trips or dates with her former boyfriend and who would periodically suck it up and apologize for any outbursts?*

Using this hypothetical example, you now know that at least one other person has felt these exact same periodic reactive feelings around the same person you do.

You now know someone else cannot do road trips and be in that close of proximity for that long of a period with the same person you identified as the one you find yourself reactive around.

Just observe that awareness -- without any opinion, simply log the observation away.

Next, take a look at this (now identified) persons life and ask yourself: "Surrounding this person with whom I feel reactive around from time to time, are there people in this person's life who I also find myself feeling off balance?"

Ask yourself, "Do these other people who are in this person's life share the same behavioral patterns towards me? Do they also seem to 'get off' by discussing my reactions as proof that the problem is really me?"

Notice **how** you feel.

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Ask yourself this, “Do I find that the feelings of hurt are coming up over and over, cyclically, and are happening when I am around this person *and/or* the small group this person associates with?”

If your answer is “Yes” to an identified person and/or group of people, you are ready to try a “comparative analysis” style question that looks at a bigger picture.

Ask yourself this, “When I am around any of *my* friends who are *not associated* with this other person’s group, do I feel off balance or experience feeling reactive from time to time?”

For instance, it is normal that we have people in our life that would not be there if it were not for a mutual friend. You have friends in your life that remain even if the ‘identified person’ would be gone.

In this bigger context, do you ever feel off balance or reactive around your normal crowd, people in your life that would have *no association* to this identified person other than you being the mutual friend?

The answer is probably no. But be honest, and ask yourself that comparative question honestly. You are trouble shooting to find out if you are really the problem, or if there is something else going on that is still unidentified.

Proceed to the last questions to ask yourself.

First, bring your focus back to just the person you identified as one you feel reactive around. Look at this person and the people in his/her life that would have no association to anyone else in your life if it were not for you.

Ask yourself, “How do these people who are associated only with the person I just identified respond to me (either verbally or in their actions) when I say “No” to anything – no matter how reasonable the “no” is?” Also, ask yourself, “How does this person (or group of people in that persons life) respond to the word ‘*boundary*’ or any expression of reasonable boundaries?”

If you see a pattern where you are not allowed to say, “No” without some sort of consequence, if you see a pattern where boundaries are something to be disrespected, minimized and blown on by, if you find that you keep feeling hurt over and over and over with the same thing or in the same manner *by the same person (or group of people)* – you need to consider the very strong possibility that you just might be caught in the middle of something very serious, psychologically traumatizing, and far deeper than you realize.

At this point in your slow & mindful self examination, you need to consider that the problem is not you, unlike what this person (or persons) are trying to brainwash you into thinking.

You most likely are a kind person and do not want to think anything bad about people you care about or even love. However, you might open your mind and consider the possibility that you are on the receiving end of narcissistic abuse from one or more people who need their high of feeling superior.

From a bigger and more objective picture, in going through this check list of questions, the answers to your questions begin to paint a picture.

The picture will answer your questions if the problem is you (like your abusers want to believe), or if the real problem is that you might be around one *or more* narcissists.

It is a picture that has been painted and was in front of you all along, it was right there for the whole world to see. But it was hiding in plain sight.

The picture will be painted that your abuser or abusers are intentionally hurting you and forcing you to think you are the problem.

People **do** hurt each other from time to time. That is bound to happen in any relationship – family, friends, any relationship. Normal life flare ups are not what I am talking about. From time to time, things happen. Everyone has had their blow ups with people they are close to.

However, over and over and over, in a cyclical fashion? This paints a picture of someone being quietly “calculated and intentional.” It paints a picture of someone who is getting high on the feeling of self righteousness and superiority.

This cyclical fashion paints a picture of someone who will hurt you repeatedly to achieve that 'high'. It also paints a picture of a person (or persons) who use psychological attacks hidden in plain sight.

**“If you constantly
have to tell someone
the same exact thing
about how you feel
and they don't change
it, understand they
don't respect you.”**

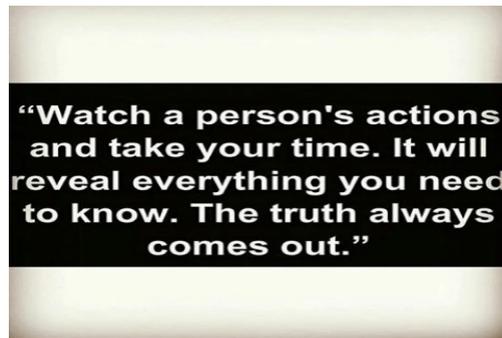
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At a point, if you approach the cyclical pattern in *this* manner of "self quiz" observation, you will no longer be able to believe the narcissist's proclamation of innocence with their typical phrases like, "I did not know, so my lack of knowledge makes me innocent"; "I don't remember saying something like THAT"; "Who meeeeeee?"; "I can't believe you would think I do this intentionally!"; "Get over it."

From <https://www.businessinsider.com/how-to-spot-a-covert-narcissist-2018->:

It's not until the covert narcissist is gone that the victim finally realizes what they were going through wasn't normal. But hopefully they do, and then they can start the process of healing, realizing it wasn't their fault, and putting healthy boundaries in place to never be a covert narcissist's resource again.



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If a narcissist's illness is discovered and the truth is revealed, they will double down. If it is a pot stirrer whose illness of narcissism has been discovered and the truth is revealed, they might use the passive aggressive phrases meant to cause you to doubt yourself.

For instance, after repeated pain was caused, and if they are called out on it, they might say things like, "You misunderstood me."; "I never meant it that way."; "You are upset for nothing because I **WOULD HAVE** done *such and such*." (Always pay attention to the patterns of **ACTIONS** though. Notice how *patterns of hurtful actions* are repeated over and over and over.)

It is also a certainty that the passive aggressive narcissist will play the victim. They will point to your reactions and play the victim to others over it. ("See what I have to deal with? Poor me!")

A passive aggressive will take zero responsibility for lighting the fire. They will refuse to acknowledge that, without their actions, no reaction would have been caused. To acknowledge it means they have to change because they know deep inside this is emotional abuse. If they do acknowledge it, they will make their victim share some blame -- even if it is for reacting. (Must feel self righteous.)

Their actions though, they will reveal the truth and will make liars out of themselves every time. You just have to watch longer than you do with other types of narcissists to see the truth.

If it is an overt narcissist, they tend to fly into anger and double down in a verbally aggressive manner.

Pay attention to every word out of their mouth. Notice, words reflect justification for treating you badly - over and over and over. You will hear no remorse for hurting you -- [unless the show of remorse or apology is a fake-face trick to lure you back just so they can hurt you once again with the same thing. Know this: A narcissist cannot stop poking at you. It's their drug.](#)

This is the pattern of passive aggressive pot stirring narcs who need you as their drug.

The only way to stop this cycle of emotional abuse is to leave. RUN, if possible.



If You Are an Onlooker, Here Is a Helpful Exercise To Find Out if You Witnessing Someone Else Under a Narcissistic Attack:

There is only one way to find the truth where the narcissist is hiding: Look at the patterns of behavior.

For instance, look at the person reacting periodically, as if in cycles. (abuse happens in cycles.)

YES, you heard me correctly: look at the person reacting. Do EXACTLY what the narcissist is telling you to do.

However, don't look at the person reacting from the perspective you are being told to.

Instead, start looking at the person reacting from a different perspective, one that comes from taking in a bigger context.

By now, you understand that narcissists need a reaction. So, lets approach this logically.

Just think about it: if the narcissist needs to get the high of feeling superior, do you think a narcissist could feel superior if they had no one to diminish?

NOPE

If the narcissist gas lit themselves (haha) and reacted to themselves gas lighting themselves, could the narcissist point fingers at anyone else and deflect attention off their own personality disorder?

NOPE!

Like any fire, fires do not start themselves.

Someone has to light that match.

And so it is with a narcissist. A narcissist can't gas light themselves into a reaction, cause all onlookers to look their direction by pointing a finger at themselves saying, "look at this over reacting overly sensitive drama queen", then proceed to discuss disparaging things about themselves to make themselves '*the real problem*' in the eyes of others for the purpose of *feeling* 'superior' — now can they?

It can't logically work like that any more than a fire can start itself.

That would be quite an achievement; Feeling superior over themselves. (lol)

There are two types of extreme narcissists - overt and covert and some are easier to spot than others.

Overt narcissists are more common and much easier to spot, they externalise their arrogance, are outwardly demanding and display extreme character traits and their confrontational communication style does not go unnoticed!

Covert narcissists by contrast, are wolves in sheep's clothing and are the most tricky and perhaps most dangerous sort so let's focus on them. Covert narcissists are underhanded, deceptive and act behind the scenes. They pretend to be lovers, givers, altruistic, loyal and kind. These individuals are projecting to the outside world a calm and patient mirror but on the inside, they are as deeply selfish and narcissistic as overt narcissists.

From that perspective, isn't it more likely that the person reacting might be reacting to a psychological injury playing out in real-time, and an abuser is hiding in plain sight — going undetected?

Ask yourself, "Is it possible that *someone else* is hurting this reactive person right in front of me?"

According to many professionals, victims of narcissism describes the feeling as being caught in a bad dream.

It is a terrifying dream where they are screaming but no one is hearing them.

They are trying to run, but the mud is just too thick, and it turns out to be quick sand sucking them in deeper and deeper.

Narcissists will psychologically kill their victims – in plain sight, and doing so in a manner people don't even suspect them.

Narcissist are the hot stove turned on high. Their victims are the people touching the hot stove and hollering in pain.

Whether it is an overt narcissist or a covert narcissist, a bystander noticing a reaction can't help but notice the person in pain reacting.

If a bystander tries to notice anyone else, the narc will point the attention of all bystanders back to the person reacting. Every. Single. Time. It is normal for people to first look at the person reacting, so of course all eyes are directed away from the narcissist.

However, I submit an alternative perspective: The onlooker is watching a psychological car crash. Perhaps is not the person reacting who is the driver. Perhaps the person reacting is the passenger who is desperately trying to get out of the car, but can't.

A Presence Of Mind Exercise For An Onlooker Either Watching Someone React or Hearing About Someone Who Had Reacted:

For an onlooker, when you see (or hear about) a person reacting, PAUSE.

Just -- Pause.

Take a look around.
Assess what is around you beyond who is reacting.

Look around in the life of the person reacting.
Look around maybe even in the same room.

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Check to see if there is someone (or a group of someones) who remain super calm and are engaging in conversation disparaging the person reacting, minimizing what happened, pretending nothing happened and accusing the person reacting as just 'over exaggerating' and 'loving drama.'

There might be more than one person discussing the person who is reacting. There might be a group of them who jointly pushed a target to the edge.

Observe the person(s) pointing a finger while blaming or labeling the person for reacting.

Is someone near the person reacting calmly, and with an air of 'authority', name-calling or labeling someone else?

Is someone pointing their finger at the person reacting and saying the person reacting is the one who likes drama?

Is someone enjoying acting innocent and saying "who me?" or "can't believe you would think that about me" or anything along the lines that divert attention back to the person reacting?

Bravo to you. Having the presence of mind to do that is something few people can do. A gas lighting narcissist has just been identified.

All narcissists hide in plain sight, undetected – right in front of you.

Covert Narcissists don't react.

Covert Narcissists cause reactions.

All Covert Narcissists Pride Themselves In Being Calm During a "Dramatic" Moment -- One Where They Gas Lit Someone Else -- a Dramatic Moment The Calm Narcissist Induced.

Being calm is how a covert narcissist is able to completely go undetected and continue psychologically abusing someone. The covert narcissist is the real "lover of drama" and deflecting it onto their victim.

Every. Single. Time.

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An overt narcissist is quite capable of being calm while inciting their target. But the overt narc gets impatient and tends to dive right into name calling and belittling a target way quicker and more *overtly* than a covert narcissist.

In regards to covert narcissists, unless an onlooker fully understands these facts about narcissists and begins to carefully and mindfully look in the *correct* direction, it is super easy for an onlooker or bystander to accidentally contribute to the psychological abuse already being inflicted on the target of a narcissist.

'... GASLIGHTING, ESPECIALLY IF IT IS REPETITIVE, CAN PRECIPITATE A WIDE RANGE OF **PSYCHIATRIC DISORDERS**, UP TO AND INCLUDING PSYCHOSIS AND **SUICIDE** BEHAVIOR BY THE VICTIMS.'

QUOTE BY DR THEODORE L DORPAT, CRIMES OF PUNISHMENT: AMERICA'S CULTURE OF VIOLENCE, ALGORA PUBLISHING, 2007, P 180

Because a narcissist IS skilled in silencing and killing their victim in plain sight *and* in a manner their victim is rendered completely helpless, narcissistic abuse can have dangerous outcomes for the narcissist's victim.

Some have committed suicide, because narcissism is emotional bullying. Bullying has costs lives of innocent people who became so injured and disempowered as human beings, they felt this was the only option left.

Of course, the narcissist would point to their victims reaction and say, "Ya, told you they were weak, reactive and unstable. Proof is in the suicide."

A narc could actually go there because it is about feeling justified in committing cruel psychological acts against their target. It is about getting that ego-high.

Certainly, without looking around from a different perspective, no one will be aware of the degree of abuse the victim is enduring at the hands of their psychological abuser.

Unless people begin to look for the calm ones around the person reacting, no one will even be aware of the abuse happening in plain sight.

The narcissist's need for the feeling of superiority makes them out of control people, yet they come across as the most in calm, nice and in control people you will ever meet.

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Cherylin Clough, from LittleRedSurvivor.com, author on narcissism and a dear friend of mine wrote this:

"I've never forgotten when my husband and I bought our first brand new sofa. My parents criticized us to family members saying we were being irresponsible to buy a new piece of furniture. My sister called me to tell me what they said, so I called my parents to confront them, but they denied they said anything.

Within ten minutes of getting off the phone, my sister called back to say, "Mom called me, but I told her I never said anything, and if she asks again, I'll say the same, so just leave me out of it."

Later when I brought this up to my parents and sister they denied it ever happened. Two things kept me sane—my husband, who was a witness and the fact I write down my stories.

Gas lighting is a manipulative technique used by the narcissist to create confusion in the mind of their victims. It includes lying to get them to question the facts or their own memory.

Sometimes the narcissist recruits flying monkeys (other narcissists). People who won't stand up for truth and will fail to fight for themselves or others in the moment when it really matters.

If you've been gas lighted, look for proofs of dates through photographs, death certificates and school records. Then look for informed witnesses—people outside the family who knew you and can verify some details. If you think you are currently being gas lighted, keep a diary. Everything you say MUST be verifiable with documentation.

Gas lighting is one of the most damaging and cruel tricks of the narcissist because it uses lies to undermine the confidence in a victim's own mind. It's diabolical because it plants lies in their mind and robs them of the truth.

Jesus said the truth will set you free. No matter what the narc and flying monkeys say, hang onto the truth for your own sanity.

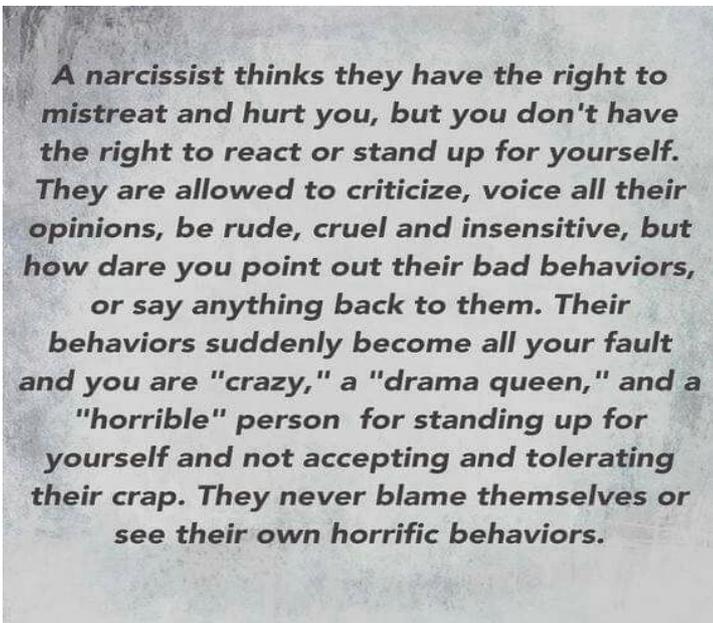
Keeping record of everything so you can verify the truth to yourself is what helps you stay sane. Record keeping is not about proving to your abusers you are right. Keeping record is about being able to verify anything you know or say. These steps are about maintaining your sense of equilibrium in the face of this type of emotional abuse from 'flying monkeys.'

The Truth Becomes Visible In The Patterns That Emerge

You see, patterns eventually paint a picture telling a true story which the narcissist is hiding. It is a story that remains hidden in plain sight.

There is *only one* way to see past the 'veil of illusion', the veil where the narcissist has successfully cloaked the truth about who they really are.

When all the patterns (pieces to a puzzle on a table) are lined up so the 'big picture' becomes visible, a victim (and friends around them) will be able to easily identify a more underlying, perhaps invisible-to-the-eye problem.



A narcissist thinks they have the right to mistreat and hurt you, but you don't have the right to react or stand up for yourself. They are allowed to criticize, voice all their opinions, be rude, cruel and insensitive, but how dare you point out their bad behaviors, or say anything back to them. Their behaviors suddenly become all your fault and you are "crazy," a "drama queen," and a "horrible" person for standing up for yourself and not accepting and tolerating their crap. They never blame themselves or see their own horrific behaviors.

If dealing with a narcissist, all the 'pieces of this puzzle' will come together to show a repeated pattern of purposeful, intentional psychological cruelty and abuse inflicted by the narcissist onto their target — over and over and over.

Why do I say intentional and repeated?

Because, no doubt, a narcissist has been asked to stop this behavior, and they can't. A narcissist cannot stop inflicting pain.

A narc might switch topics if they see they are busted on one topic. Make no mistake though,

they will wait around for a new topic. A narcissist will eventually need their high on *a feeling of* authority, superiority and self righteousness while looking down on someone else.

This addiction is why a narcissist will always cause more pain to their target. A narcissist cannot get their 'emotional high' — the feeling of superiority — without pointing at someone else for the purpose of diminishing their target.

Pain must accompany the process. Therefore, a narcissist cannot stop inflicting pain, even if they want to stop. (which they have no intention of doing.)

When A Person Knows Precisely What It Is They Are Recovering From, The Healing Process From Narcissistic Abuse Can Happen Faster. Regaining Your Sense Of Self Sooner – Rather Than Later – Helps You Never Return To Your Abuser(s).

Perhaps you did the exercise from earlier on in this article and discovered you have been dealing with more than one narcissist. Perhaps, you discovered you are dealing with a family of narcissists where at least 2 or three fit the pattern.

You might have experienced trying to do everything you could to please them, including giving professional services for free during their deepest family emergencies.

You might even find yourself giving unbelievable amounts of time to this other family's emergency when you have a dying family member of your own.

No matter how much you gave of your personal self and personal best, the narcissistic family made sure you know that you came up short, did it wrong, did not do it to their standards etc... and they never asked you one single question or communicated in anyway -- other than to ask for favors.

Narcissists need to feel superior over someone.

**When you do really big things that other people would never
make the effort to do – and do it because it is the right thing to
do in a given situation –**

this actually threatens the ego & pride of a narcissist.

Therefore, expect to be taken down.

These types of families will always aim to take more and more from you while making you feel “less than” during the take take take process.

To diminish you, they will talk you into doing things you wouldn't do otherwise, and use the word “love”. It is not uncommon to hear the manipulative phrase, “Do this thing we want you to do because you “love” doing it and you will be doing something good.”

And then, when you finally agree to do whatever it was they wanted (or several somethings they wanted from you), you can expect to be taken down. At best, expect families like these to not even notice that you did anything at all.

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After these types of groups (or individuals) have taken everything they can from you – including your self esteem – they will toss you aside like trash. They won't even recall a thing. Onward to the next victim. Onward with their lives like nothing happened.

The reason they can behave this way is because to do otherwise requires – you guessed it -- EMPATHY.

When dealing with narcissists, (and the disorder can run in families) there is no amount of kindness you can show them which will ever cause them to like you – or even respect you. Ever. They will put on a great fake-face.

Additionally, narcissists (unlike normal people) see kind acts shown them as a sign of a pushover, a sign of a weak person, someone to target. It is about feeling superior, justified and self righteous.

Therefore, narcissists will see random acts of kindness as permission to chew you up and spit you out, then move on as if nothing happened.

Narcissists are MASTERS at "Fake-Face". It is their 'first language', so to speak. They can drip with kindness and a show of do-gooder, then turn around and stab you in the back without even blinking.

After that, they will move on with their lives as if nothing happened.

In some cases, groups of narcissists will make up untrue stories about you in order to give themselves their superiority fix. They will never have spent any one-on-one time with you to get to know you -- not even one cup of tea or a phone call at any point in time.

However, there is usually a leader in the background when families are involved. I will go into that more later.

Suffice it to say, the hidden leader in the background has a special brand of narcissistic cruelty cloaked in lots of good words, a smile, "love" and perhaps even use the words "prayer" and "God" when inflicting pain on their victim:

This style of narcissist typically requires group-style character assassination on their victim in order to achieve their goal of feeling superior.

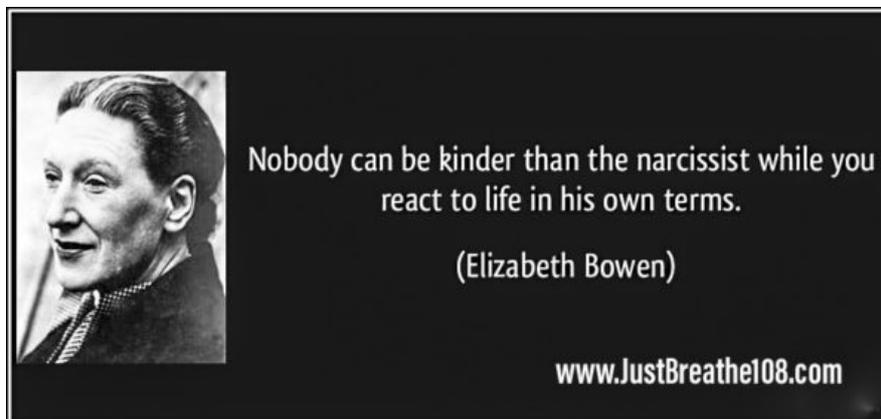
These types of narcissists – the ones hiding behind a group of people – will usually round up gang behavior to inflict on their chosen target. These narcissists do not want anyone to see just how aggressive they are. Words of love will drip from their mouth while they go about rounding up people to character assassinate their victim.

A version of these types of narcissists can also be found in the corporate world. They are called "corporate sociopaths." But these types of narcissists are just as common in religious circles.

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No amount of kindness shown by you will ever touch a narcissist's cold heart.

The best a narc can do is to pretend empathy, pretend to like you, pretend respect, pretend to smile - until they no longer can pretend.



All narcissists will show their face the moment they hear the word “no” or “boundary”. (Don’t make the mistake of saying both in the same conversation. They will psychologically aim to kill you on the spot.)

Why is that? Why is it always "my way or the highway" with narcs?

Well, how else can they give themselves permission to gas light you on your most painful or stressful topics if it wasn't a “my way or the highway” approach?

With all narcs, you will realize they have one motto, “My way or the highway.” – This motto applies even on your most painful topics. They will politely, with a smile on their face and words of love on their lips, ram your most painful topics or people in your life for one purpose: They need a reaction in order to get an ego-fix.

How else can they do it even when they know you have serious health issues and need to stay away from stress?

They need an excuse to look at to justify really emotionally abusive narcissistic behavior. “**My way or the highway**” is a fitting motto that helps them gas light without a second thought.

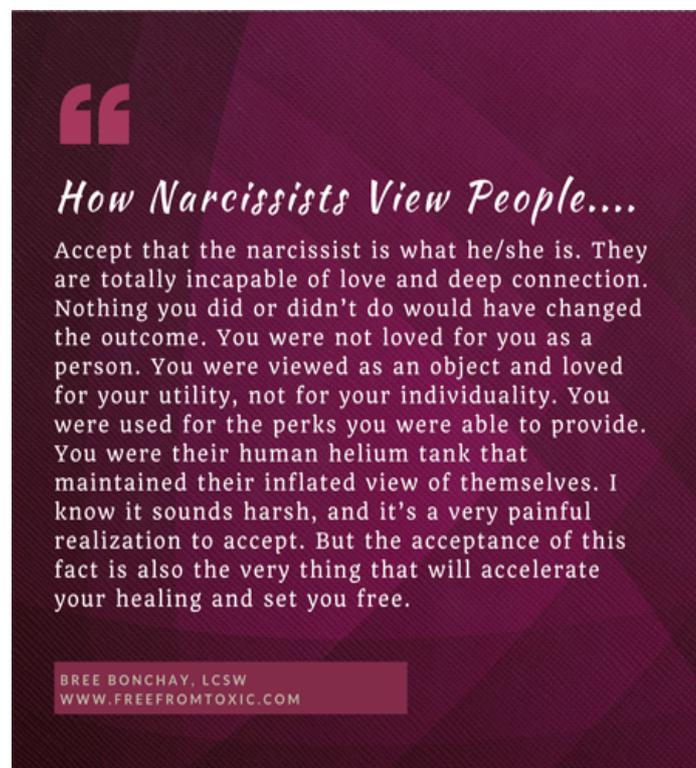
It won't matter if you have a health issue that could flat out cause you to drop dead, your narc needs his/her fix. *Hurting you into a reaction* is all that matters to a narcissist. You could even say, “this is not good for my health”, and they **will** continue doing whatever it is they want to you.

Not even caring about health issues, even if health issues are pointed out during a gas lighting session, that is just how out of control narcissists (both overt or covert) are.

It is a super tough one to swallow, but when a narcissist is telling you they love you, that is fake news. It is a lie. It is a fake face.

A narc only loves that they can gas light you so they can get high on feeling self righteous and superiority, then pass you around like a joint to their other narc friends while they all get high on superiority discussing your reaction.

If it wasn't a narc, patterns would not repeat.



Three Example Stories of Three Styles of Narcissists

Two Types of Covert Narcissists
One Type of Overt Narcissist

Using [Mala Prayer Necklaces](#) and [Sound Baths](#) (given at the end of this section) as a way to combat the stress of narcissistic abuse is not enough.

Becoming educated in identifying the patterns is also crucial. Of course, all of this in combination with a good Grief and Family Therapist is optimal.

There are many articles and even text books written on this subject. I want to cover, in layman's fashion, three of the most common garden-variety narcissists that the average Joe Shmoe runs into a lot.

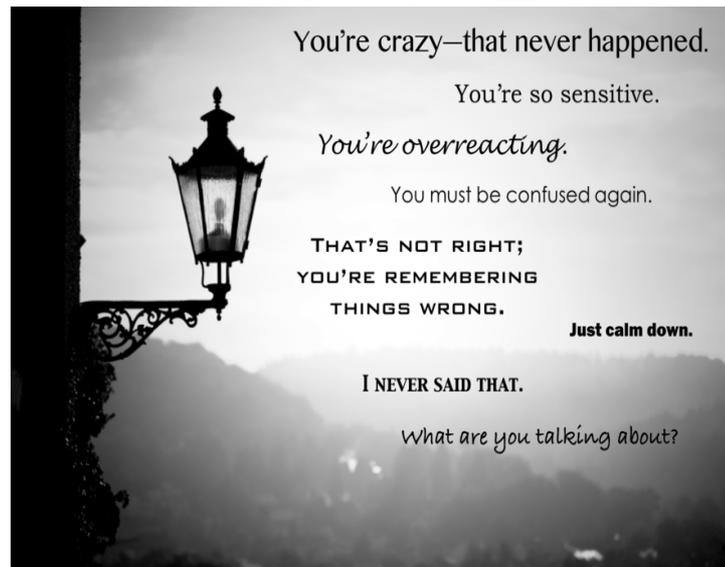
Everyone has their own unique story of what they encountered because no two people can share the same stories. But when you see these example stories, I hope it helps someone have their "ah ha" moment since all patterns are the same.

Here are the three types of narcissists that are most common in our every day lives.

1. The **Gas Lighting Pot-Stirring Narcissist**. A covert narcissist who is more passive aggressive in nature. This type loves to slowly stir the pot with little jabs here and there -- until 'the pot' is at a roaring boil and someone is just reacting to no ends. Then they calmly sit back, watch, point and pretend innocence.
2. The **'Behind The Scenes' Narcissist** is one who must do everything from behind the scenes when attacking. Their target will never see this person coming, or even the extent of the damage, until too late. This is the type of person who rounds up groups with whisper campaigns and character assassinations.
3. The **Overt Narcissist** is one who enjoys being in your face and tearing you down in an overt manner, hence "overt." This type of narcissist needs instant gratification for feeling superior. This overt type is good at pretending *sincerity* and *friendship* for a while, until it is just too exhausting to pretend any longer. Suddenly, BAM - overt gas lighting begins -- out of nowhere.

1) The Pot-Stirring Covert Narcissist:

This Style of Narcissist is More Passive Aggressive in nature. The “pot stirrer” is more of a quiet gas lighter.



Harm, with these types of narcissists, is accomplished in a more covert fashion. It is hard for the victim of this kind of psychological attack to put their finger on it when it is happening. They only realize it when it has become accumulative.

Even then, because of the calm and nice demeanor of the aggressor while pot stirring, the victim of this attack keeps trying, thinking they must be the problem.

After all, the aggressor is telling their target that they are the "real" problem. For example: "Don't you think you over reacted?"; "Don't you think you deserved that?"; "Don't you think you should apologize for that reaction?"

Giving the benefit of the doubt is easy -- because it is difficult to believe that someone else could be so deliberately cruel under such a *nice* cloak.

However, what is happening in real-time is that the narcissist is 'getting high' (on self righteousness) while stirring the pot.

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Their victim doesn't know and is completely unaware that she/he is nothing more than an ego-drug.

The only thing the victim knows is pain, anxiety, self consciousness and self doubt that he or she feels around the person they don't yet realize is a narcissist.

You see, pot stirrers can be SO nice, calm and even logical in how they stir the pot. Even their targets don't suspect them of this type of emotional abuse. The target of this type of narcissist can only find themselves feeling reactive from time to time, as if in cycles. The target might end up believing the deflection of the narcissist when told they are too sensitive and just over reacting.

With a pot stirrer, their victims will not know how badly they have been wounded by this narcissist until all the stabs add up collectively.

Only when their victims are emotionally raw and find themselves screaming like a crazy person (and don't know why because it is just a big feeling), *only* then will their victims notice a collective feeling give way to a collective pattern of systematic slow and steady psychological abuse.

One can think of the pot stirring technique like the 'drip method.' Sometimes it is happening, other times it is not. But it will always circle back around to, "it is happening again."

Usually, over the years, the gas lighting via pot stirring will happen more frequently. If this happens, it is because the narcissist feels sure their target will never leave them, or at least find it too difficult .

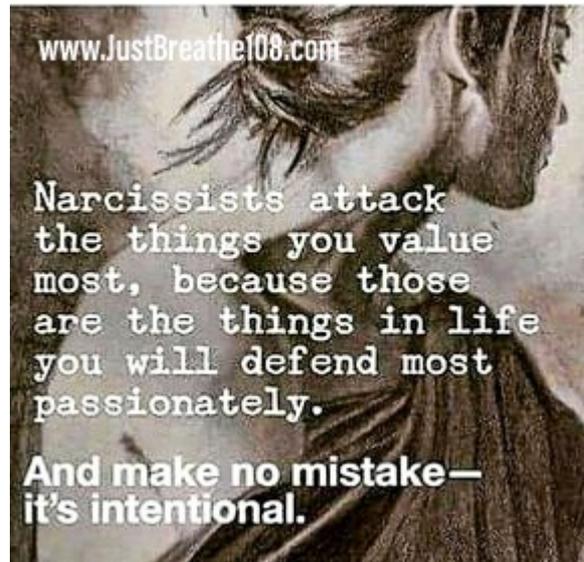
Their victims will get emotionally stabbed by this narc. However, the victim of this narc might not be able to identify where they got stabbed or even *that* they got stabbed for a long while because of the slow pot stirring meant to bring them to a slow boil.

Hopefully you haven't, but perhaps you have encountered a person who knowingly hurts you repeatedly with the same situation over and over and over.

This person pushes you and tests you - until you react.

Maybe the person picks a variety of topics, all of whom he/she knows will trigger you.

A tell tail sign if you are dealing with a narcissist is if you find yourself frequently saying, "I would never do such and such to you. That is just not even respectful. Why are you finding it okay to do these things to me?"



Maybe the chosen gas lighting topic of the narcissist is picking on how you do things, even picking on how your beloved PET of many years eats.

Everyone is going to protect their pet. Pot stirring covert narcissists only pick really personal topics because that is how to stir the pot, create the drama, then sit back and point at the person reacting as the *real creator of the drama*.

There will always be good excuses why gas lighting you is justified. A narc will justify picking on your pet. "Oh, I was just trying to learn", as an example of minimizing what they did.

Make no mistake, causing you to defend your pet was deliberate. It was not about your pet, it was about the need to gas light.

If you end up reacting and in tears -- even punished for reacting and a walk out happens because you reacted, you are dealing with a gas lighting narcissist.

When a pot stirrer narcissist gas lights, then plays it down like questions were just 'innocent', what they are really saying is, "Thanks, I needed that high. I would do it again."

To a narcissist, you are nothing more than a drug called "ego fix". You are nothing more than someone being used to get high on.

That is one TOUGH realization to be smacked with! To realize your presence in someone's life is not about love, friendship, family or anything -- that you are there just as an ego drug -- that is a tough pill to swallow.

In that context, it becomes understandable why a target can take so long to realize and accept the truth which only patterns of behavior reveal.

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If a person cannot finally see it and even accept the really hard truth, they can never escape the cycle of emotional abuse. If one cannot feel the painful realization, one cannot set out heal their circumstances.

Stirring the pot to create drama feeeeeeeels so good for a narcissist in that moment.

More personal topics, even painful topics are sure to happen as a way to gas light you.

A narcissist might choose another personal the topic of weight or any body part, as an example, pretending to never be fully satisfied with your appearance. (I say “pretend”, because it is the topic of the day meant to do little jabs here and there. It is about gas lighting you, not building you up.)

Healthy relationships usually include positive reinforcement. With a narcissist though, you might have to demand they stop with all the negative reinforcements. They won't stop though because it is about the joy in gas lighting you.

Of course, early on, to lure a target in, a narcissist must be complimentary. Duh. But the compliments will end because the narcissist needs to get down to the business of gas lighting.

Along with pretend (what the the narcissist will call) “constructive criticisms”, a compliment might happen once a year, maybe twice. – if you are lucky.

Since life (for the target of a narcissist) slowly turns into a game of trying to measure up to the constantly moving goal-post, the target of a narc will ultimately find themselves feeling worthless, emotionally exhausted and self conscious.

Many times, not always, the narcissist says all of your faults – even if they are completely untrue things they are saying about you and, in the same breath will finish with, “But, I love you anyway.”

HUH??! In addition to the obvious character assassination to your face this narcissist just did – with ideas they needed to make up in order to feel superior – look at what else just happened:

Let this sink in: “But, I love you anyway.”

“*But ... Love ... anyway*”??

It sounds so unconditional. You have just had the smack down and then you hear, “BUT, I love you anyway.” You just heard two contradicting messages.

Whether any of their judgments passed were true or not, what the narcissist just did was to give themselves their needed shot of *superiority*, while cloaking their ‘emotional drug fix’ in words of love.

“Love” is a powerful deflection when used as a weapon by a narcissist.

Because of the words of “love”, they get to feel better about themselves for their cruelty, and it added an extra bonus of being able to maintain their narcissism completely under the radar.

The veil of truth becomes so cloudy while covered in the blanket of words labeled “love”, the narcissist’s illness will go undetected even by you and those around.

Meanwhile, (back at the ranch) you know something demeaning just happened, something that did not feel good. You feel the attack, you feel the contradiction, your gut knows you just got demeaned – but you can’t identify the feeling.

Because your narcissist is so good with words, even threw the word “love” in there, what just happened remains unidentified. You are left with only a feeling of “something bad just happened, *maybe I am imagining it.*”

You felt the prick of something. Maybe it was a knife, not sure. Something happened, an emotion was stirred, but the word “love” was thrown into the mix, so – maybe that did not really happen?

Yet, you can’t quite put your finger on it. Articulating the vague feeling eludes you.

How pot stirrers get their ego drug is by ‘lighting’ their targets with a little prick here, a little jab there and maybe throw in a *big whopper* they know hurts you deeply.

Typically, the pot stirrer will then ‘back it up’ to little pricks here and jabs there etc... and then repeat the cycle.

A verifiable way to tell if a person is dealing with a pot stirrer type narcissist is in the response of the narcissist when their victim feels the pain of the jabs and reacts.

Let's say the target of the pot stirrer feels the pain of the pricks and even minimally reacts.

IF this is a situation where it is a narcissist, the narcissist will make their target feel like they are the overly sensitive drama queen, then will proceed to minimize what just happened by telling the target, “It really was not that bad.”

In saying things like this, the narcissist is ignoring the target as a way of stifling emotions and stirring the pot.

If it is a narcissist who knows how to apologize, the apology will be fake, empty, just a show.

Fake-Face apologies are meant to send a message of "forgive, forget and lets do that again."

Evidence of that statement will become obvious when you realize that, every time they apologize, they repeat the behavior -- as if nothing happened before.

If it is not a narcissist, however, not only will an apology be made right away, but it (whatever 'it' was) won't happen again.

Normal people actually take care to not deliberately cause others pain. That (care) is reflected in a person's actions when they refrain from repeating their hurtful actions or words continually like a narc would.



However, if it is a narcissist someone is dealing with, the target might hear things from this pot-stirrer like, "Don't you think you over-reacted?"; "Now that was uncalled for."; "You should apologize for that reaction" etc.

Stifling justified human emotions of a narcissists target is a *huge part* of the psychological game which helps the pot-stirring gas lighting narcissist bring their target to a slow – but eventual – roaring boil.

Also, by aiming to control the emotions of the person being gas lit, the narcissist is getting a secondary high. This one comes from knowing they have stirred the emotions of their target and they know a whopper of a reaction is building up inside their target.

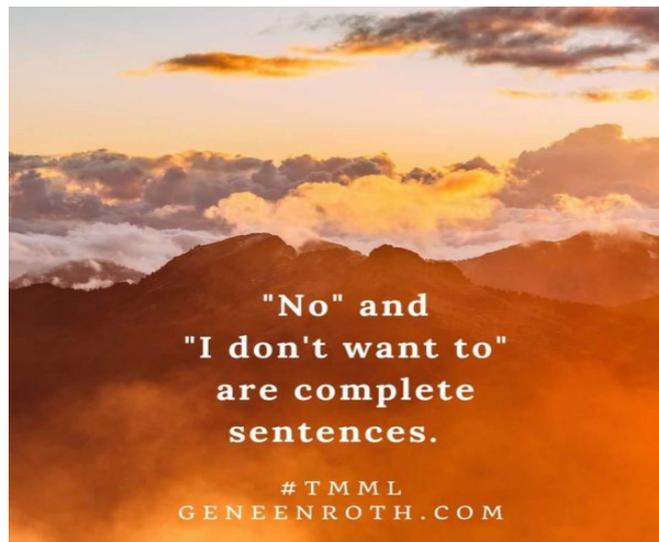
When dealing with a pot stirring covert narcissist, a person can most certainly expect to be gas light on the exact same personal topics again and again and again.

This is emotional abuse. This is a psychological attack.
The target of the Pot Stirrer is being psychologically stabbed when this is happening.

However, because the psychological stabbing is inflicted with little verbal jabs here and there, the target will not realize how badly they are injured until “the pot has boiled over”, the victim completely loses it, and all the collective stabbings lay bare and visible.

Only in this moment of epiphany will the victim realize a systematic psychological attack via a collective gas lighting has occurred.

Like all Narcissists, the Pot Stirrer Cannot Hear the Words, “No” or “Boundary.”



The pot stirrer has a more passive aggressive way of ignoring the “no” or “boundary” their victim has expressed.

For the pot stirrer, the inability to hear “no” or “boundary” is expressed simply by pretending nothing was ever expressed by his/her victim.

The inability becomes visible only when one observes the repeated *actions* of the pot stirring narcissist.

For instance, this style of narc will hear your “no”, perhaps even discuss your “no” with you, and go to lengths to find out what sincerely hurts you.

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You will most likely come out of that communication feeling heard and feeeeeeling like everything is going to be okay. You come away feeling confident that hurtful actions will be stopped.

However, shortly after the communication, life returns to more of the same.

It doesn't matter what the topic is. It could be "stay away from my ice cream once and for all! It is my favorite and you keep eating it before I get a chance to have one bite!!"

You could have meaningful conversations on this. The passive aggressive narcissist will make you feel heard, even asks questions and will say things like, "I want to learn. I want to understand. I enjoy learning about people."

This style of narcissist most likely will back off from your *ice cream* for a couple of months – then out of nowhere resume eating it the moment you bring it home. Once again, you will find yourself tortured because you didn't get any ice cream. On top of it, the pot stirrer will tell you how you are over reacting and that it is "just ice cream."

The pot stirring will have been successful, and now the narcissist is high on ego and looking down on you.

That might be a funny light example, but lets get to more serious and common examples if you are dealing with a pot stirrer.

If it is a painful topic, perhaps there is someone who hurt you terribly.

Do you notice that anyone who has hurt you is the very person your narcissist hangs around with and makes a point to let you know she/he is hanging around them?

If so, has this happened with more than one person? (You are looking for patterns. With covert narcissists, the only way to see behind the veil of illusion they put in front of you about what good people they are is to specifically start looking for patterns.)

For instance, have you noticed that anyone who has brought you pain (even if it is an x-boyfriend or x-girlfriend, sister, brother – doesn't matter) is the very person your narcissist hangs around with, and flaunts it in your face? Perhaps you can identify a person who fits this description.

Maybe this person has even escalated their actions, going so far as to elevate an individual known to be hurtful to you into the status of their first choice "go to" person.

Have you found yourself sitting there stunned, because this 'first choice go to person' was straight faced flaunted in your face?

After you reacted from the pain, did you hear this narcissist do what narcs do best, minimize and deflect what they just did by saying, "Oh I would have asked you eventually. You over reacted."

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Have you noticed that you find yourself repeatedly forced into situations that make you feel like you must “*suck it up*” or suffer the consequences of being diminished, then talked about it you are not able to ‘suck it up’?

Because you are normal, you try to be nice and understanding, not wanting to tell anyone who they can or cannot hang out with. After all, you are not a controlling person and most likely rarely (if ever) ask for anything.

Before you arrived at expressing your needs, you most likely found yourself in a *self talk* conversation that went something like this, “I do not want to be controlling and tell anyone who they can and cannot see. I also don’t want to keep experiencing pain caused when those two get together. So, the compromise will have to be that I am just not told about when visits happen. The compromise will have to be to tell them to stop ramming the hurtful person or situation in my face.”

In other words, if a person MUST see someone who is a hurtful person to you, you most likely will find yourself expressing that there is no need to make sure you know about it. You most likely found yourself telling the narcissist to just not tell you about visits that are either planned or happened. Perhaps you also asked them to refrain from talking about conversations they had with these people or the individual that was hurtful.

It seems like a reasonable request. You don’t want to feel hurt, but you don’t want to tell someone who they can and cannot see, so “just don’t tell me about it and shove it in my face” is the closest you can come up with as a compromise boundary for self care.

You most likely even had heart-to-heart communication about this and expressed the need more than once and assuming that this person loved you enough to respond sensitively.

However, your pot stirrer disrespects even that compromise.

Your pot stirrer knows what hurts, but keeps flaunting the people who have hurt you deeply in your face even though you asked for the compromise, “I don’t want to know.”

At a point, it becomes impossible to miss the smugness and ‘*in your face*’ style of this pot stirring narcissist whenever they casually talk about this other person, knowing the pain this other person has caused.

The attitude of the narcissist becomes painfully evident when, both in actions and in words the narcissist is saying, “*I don’t care what you feel, no one is the boss of me, my way or the high way and I will flaunt this person if I want and you will learn to just get use to it.*”

It becomes plain as day that the word “no” or even a basic reasonable compromise boundary is not heard, respected or even allowed.

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The repeated actions of the pot stirrer begins to feature the fact that a scab you have and need to protect is nothing more to the pot stirrer than a topic with which to pick at, stir your emotions and gas light you until your pain is worn on your sleeve, emotions are raw and a reaction is had.

Worse, when you react, you find yourself minimized for reacting and you find yourself completely alone when your narcissist (both in actions and words) tells you to simply “get over it, it wasn’t that bad.”

That is classic gas lighting meant to stir a pot to get an eventual reaction, one which you will be punished for.

If they can watch you break down and cry from their actions once and not change their ways after that, nothing will ever make them change and they can't possibly love you.. No one can hurt the person they love knowingly and not make some changes after that, so now you know, if they hurt you and didn't immediately start making changes you can see and feel.. That's not love, it's narcissism..
- J. Brock

Step back and see if there is a pattern.

Have you ever seen this before?

Can you recall any time this person used YOU to flaunt in front of someone else, knowing it was causing this other person pain?

Can you recall any time this person used YOU in the past to bring someone else pain and put them in a “suck it up” position?

Really pause and think about this.

Patterns are how to identify a pot-stirrer.



Were you ever triangulated into someone else's life by this individual in a manner that caused them great distress, putting them in a situation they could do nothing about it and were not allowed reactions without being minimized?

Were you led to believe the other person was the problem? Was this other person minimized and were you told how this person reacts or simply just disengages?

If you can answer "yes" to these questions, looking at the relationship you have with this person from a bigger context, it appears that you are in a toxic relationship with a pot-stirring passive aggressive narcissist who is gas lighting you for an ego-drug fix.

To The Reader: THIS IS A GOOD TIME TO PAUSE IF YOU RECOGNIZE THIS:

Remember the question discussed earlier, "WHO do I feel bad around?" The question was in the section titled: "If you find yourself in the middle of being accused of exaggerating, over-reacting etc... try this:"

The repetitive and hurtful actions of triangulating people (whether it be triangulating family members, x-spouses or whatever) paint a picture indicating you could be with a narcissist who enjoys using one person to gas light another person with.

We could have a psychological 'fire starter' -- someone who pits people against each other just for the entertainment of a guaranteed successful gas lighting session.

Stop and notice all the people you don't feel bad around.

Would any of these people flaunt people in front of you that have broken your heart in the past?

Is this something *you* would do to anyone *you* care about?

Nope!

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Because this is a pot stirrer narcissist, it is important to understand that what is a meaningful conversation to you is a **very different** thing to a narcissist.

Everything this narcissist knows hurts you, or has hurt you in the past, it will be used against you in some way shape or form.

With that personal conversation, they now have the ammunition they need to gas light you into a reaction or just put you in a position it just doesn't feel good to be around them.

A pot stirrer type of narcissist cannot hear a heart-to-heart conversation for the purpose of connection and mutual understanding.

A heart-to-heart with a narcissist is more like handing someone bullets to put in a gun so they can shoot you with it.



With your personal information (which they will view as a weak spot) a narcissist will have the instinct to tell themselves, "That is the weak spot, that is what will be used against my target in a gas lighting session."

Words like "I cannot believe you would think I do this intentionally"; "You are imagining things" and other minimizing statements meant to deflect what they are doing onto you, these are common statements a person will repeatedly hear from a passive aggressive covert narcissist.

These types of statements are intended to confuse you and keep you doubting yourself, they are part of the gas lighting process. A normal person would take pause and examine themselves.

A narcissist cannot help themselves. It is also one of the reasons why, when a narcissist is in therapy, therapy doesn't work. Rather, it usually arms them with more ideas how to gas light and go undetected *in plain sight*.

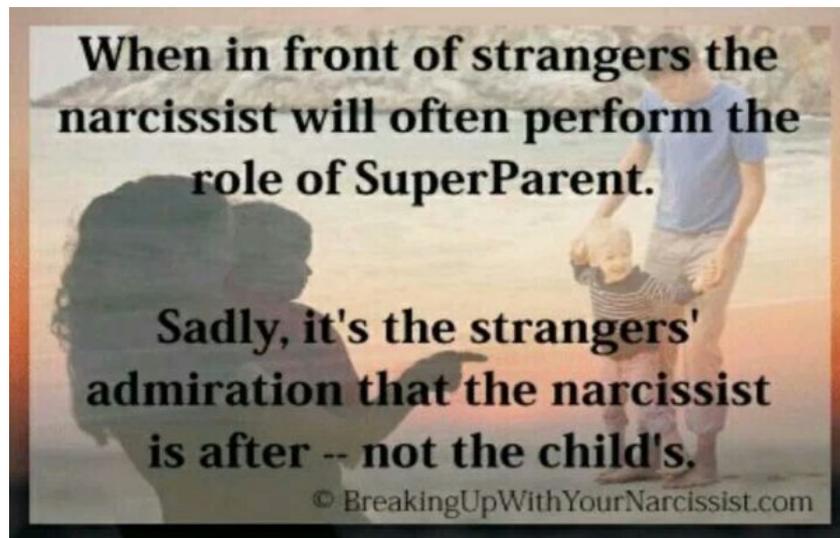
Therapy to a narc can be like sending someone to prison -- they usually come out with more bright ideas and worse for society.

A narcissist, even a pot stirring narcissist, **will** go so far as to deflect by talking to others to explain why you react and act like, "little ole me? I simply do not understand THAT reaction.

Narcissists will even discuss your upbringing and reach for past hurts to deflect their cruel behavior onto. It gives a secondary high to a narcissist to do this, it is just another form of *feeling* superior and getting an ego-high.

When you are the chosen ego-drug for a narcissist, nothing is off limits.

It Could Be a Parent, as Another Example.



When you come home from surgery and need help, a parent could say things like, “You just need attention. That is all this is.”

Their target could have had surgery, need help getting around and the parent will say things like, “There you go again. More drama.”

Another type of narcissist pot stirring parent: A parent is doting because you have had surgery. However, the parent is using your misfortune as a way to call attention to themselves about what a good person they are, and any action of help is really about the ego drug and attention turned to them.

As you know, a way to tell if even a doting parents attention is real or not is to get better and tell them “no” or show some sort of sense of self and a boundary with that parent. Always keep the boundary reasonable, nothing that other people don’t have in every day life.

Narcs can’t handle even common sense reasonable boundaries, that is why you don’t need to test them with anything major. They fall off a cliff into narc land if you say something simple like, “stop micromanaging me.”

Right then, a person can tell if they are dealing with a parent who was helping for ulterior ego-food motives, or if it was sincere.

Another example of a pot stirrer. One sister is helping another sister out by taking care of her kid during her sisters emergency. We will say Mary and Suzy.

Mary takes Suzy’s kid to help her out. But two months later she notices that no effort by Mary has been made to get her kid back.

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When Mary asks Suzy when she is going to get a plane ticket to bring her kid home, Suzy responds by telling Mary how selfish she is and what a horrible job Mary has done for the past six weeks.

Suzy continues with the jabs and pot stirring by telling Mary she 'needs professional help' and is "a dark person." Suzy just carries on just diminishing Mary.

Suzy is saying these insults nicely, in a caring way, even in a concerned manner and spread out over time.

Because these things are being said a little bit here and a little bit here, it is hard for Mary to put her finger on why she feels bad or feels like she is waiting for the next insult.

All Mary had done was take care of Suzy's kid for two months and simply asked when Suzy planned to get a plane ticket to take her son back.

Eventually Suzy gets a plane ticket to bring her son home, but not until after pot stirring and jabbing finally provoked Mary into a reaction, even telling her she needs professional help.

Of course, Mary was the one blamed for the reaction, told by Suzy she was 'unstable', plus onlookers thought Mary had said harsh things during that reaction.

When people take personal topics and won't let up even when are reacting, and then keep on with the grinding as if they are justified -- you are dealing with a narcissist. If they walk out of the room to punish you because you reacted, you are dealing with a narcissist getting high on gas lighting.

To justify causing anyone a reaction means that person doing the justifying is incapable of empathy.

If they have ever shown empathy by this person, it was pretend and nothing more than a game of 'fake face' to draw you further into their spider web.

Again, when a person is on the receiving end of narcissistic abuse, they describe it like trying to scream in a bad dream but no one can hear them or nothing is coming out of their mouth, and they cannot run through the thick mud fast enough to get away.

Remember, the narcissist gets two highs. One by diminishing someone until they react. The second high comes when those around see the reaction and point to the narcissist's victim.

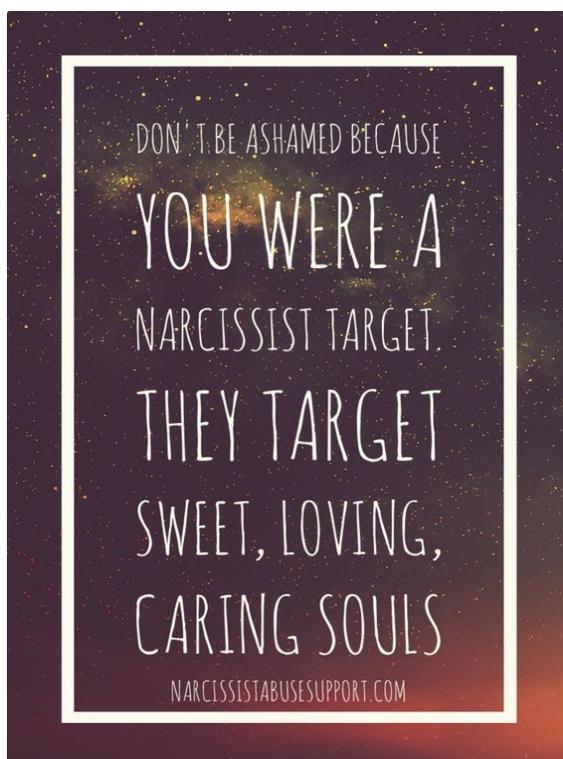
The narcissist gets off scott free & undetected.

Seriously, narcissists are out of control no different than a drug addict. Life **MUST** be about that fix.

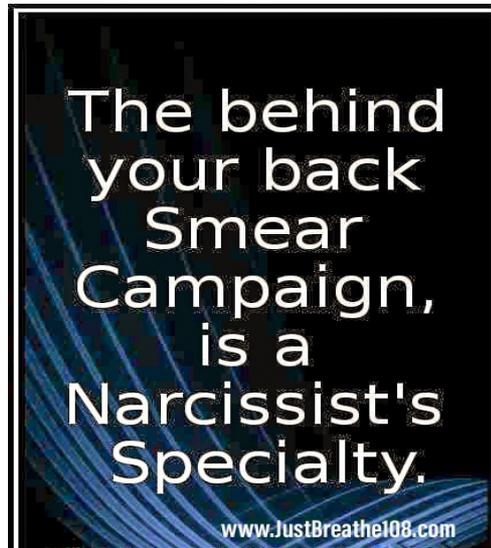
Friendly pot stirrers are no different.

The pot stirring narcissist is calm, cool and collected – prides themselves in the game of being even-tempered

The pot stirring narcissist is always the causer of dramatic reactions in someone else.



2) The Behind-The-Scenes Covert Narcissist



Before I give a couple of examples of how this type of narcissist plays out their illness, I am going to start with an excerpt from an article written by Richard Boyd, Body Mind Psychotherapist, Energetics Institute, Perth, West Australia.

Of course, there are hundreds of articles on narcissism available to the public. Plus, if a person wants to get even more clear, one can glean much information from one-on-one sessions with a good Family & Grief Therapist.

In context, in the article excerpt below, Dr. Boyd is talking about the type of covert narcissist who engages in character assassination and word salad *behind-the-scenes*.

Dr. Boyd is talking about the type of covert narcissist whose aim it is to destroy the credibility and reputation of anyone who dares to say 'no' or dares to show any boundaries or threatens in any way this narcissist's *feeling* of superiority.

He is talking about one of the most damaging (and therefore dangerous) types of narcissistic attacks.

Dr. Boyd describes these types of attacks like this: ("they" refers to the 'behind the scene' narcissist.)

"...The reason they want you to lose all credibility is that they fear you may expose them for all their negative and callous deeds once you escape them..."

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One of the most common outward expressions of psychological attack is character assassination. This is where the aggressor goes out to your friends, family, co-workers, acquaintances and any other people in society who will listen, and tries to defame you in certain ways.

The stealth of this strategy is that it is done behind your back when you are not around and uses a convincing combination of truth, half-truth and lies.

What it does is to influence and affect the perception and belief system of the target in a negative way so that they no longer have positive feelings about the person getting character assassinated.

The idea is that the aggressor gets everyone on their side and gets them to cut ties with the victim, or at least to believe negative things about them.

It may also be used to accuse the victim of many sins which in fact are the things that the aggressor has done.

Aggressors tend to project their own sins onto the victim and scapegoat them through character assassination with others.

The sad fact is that many people will start to believe the aggressor as they cut down the character of the victim behind their back.

Few who listen will approach the victim to confirm the facts or to get their version of events. (Those that do will still feel an affinity towards the aggressor, because the seed of doubt has already been cast and acts of cruelty have already been minimized or justified.)

For this reason it is an effective and highly damaging process for the victim. Typically you find with narcissists that they will work gas lighting and character assassination together at the same time. What happens here is traumatizing.

The vulnerable victim will tend to need a reality check and support in the face of constant attack at home by the aggressor. When they approach their friends they are unaware that the friends have been already primed that you are crazy or losing it.

When you show your vulnerability or make claims against the aggressor, the listener maps those claims to what the aggressor has already told them which is that you are losing the plot somehow. As a result, the words coming out of your mouth tend to sound extreme and frantic and so confirm to your friend that indeed you are going crazy.

The friend will then feel an affinity with the aggressor and will often distance themselves from you, so isolating you more. The friend may challenge, counsel or attack you, and so this confrontation also then makes you more confused and assists in helping you to start to wonder whether maybe you are crazy after all...

The aggressor narcissist has now cultivated codependent relationships with the people who by now have an affinity toward and believe the aggressor.

The aggressor wins as their character assassination takes effect and they get support, while you get isolated and lose friends...

(end excerpt)

There are actual medical names for these types of narcissists. If they are in the corporate world, they have been called “corporate sociopaths.” However, they can also be spotted frequently hiding behind a Bible and prayer.

I chose a layman’s term “behind-the-scenes” to describe this type of Covert Narcissist because... well, you will see why. The ‘behind the scenes’ narcissist must always work from — *behind the scenes* — while indulging in the *feeling* of superiority.

For instance, the ‘behind the scenes’ narcissist will go to people closest to their target and say, “don’t tell so and so I am contacting you, but you need to know such and such.”; “Don’t tell so and so I am saying this about them” ... and so on.

This type of covert narcissist works from behind the scenes, quite literally.

Like all narcissists, the ‘behind the scenes’ narcissist cannot hear the word “No” or accept that anyone has any boundaries, no matter how basic or reasonable.

Also, like all narcissists, the ‘behind the scenes’ covert narcissist will psychologically stab their victim. With the ‘behind the scenes’ narcissist, their target will find the knife in the back. The target of this narcissist will not even know they have been stabbed in the back until far too late in the narcissist’s game.

The ‘behind the scenes’ narcissists, like the pot-stirring narcissists, are *covert* in how they display their illness while hiding it in plain sight.

The slow method of getting their emotional drug of *feeling superior* is the preferred way for both of these types of Covert Narcissists.

Another common characteristic these two types of Cover Narcissists share can be seen only by looking at the victim: The victim feels the intended wound and expresses the pain.

Because one type of narcissist goes slow by stirring the pot with little jabs here and there while the other narcissist engages in 'behind the scenes' type of attacks, the victims of both covert narcissists are unable to detect what the real problem is for a very long time.

Some victims of covert narcissists never figure it out.

Though both styles of narcissism are covert, there are two distinctly different styles of getting high on the *feeling* of superiority.

The pot stirrer narcissist, unlike the 'behind the scenes' narcissist, just wants to gas light people into reactions from time to time, bring the pot to a slow boil, then blame his/her victims for reacting.

There is no craft or art required in being a pot stirrer. There is not even a need to be manipulative.

All that is required are little knife twists here and there. The pot stirrer might toss in a big knife twist for kicks. But really, that is the extent of the talent needed.

To be crafty and manipulative, well the pot stirrer would find that just too much work. The pot stirrer is far more lazy and definitely not as clever in words or presentation as a crafty 'behind the scenes' narcissists.

Many times, these two types of narcissists engage in psychological attacks against a mutual target. I will cover that later. Also, many times each narcissist engages in both of these tactics of 'behind the scenes' AND pot stirring.

It is actually way easier to spot the BS artist whose ego is so big that people run away. For example, the BS artist who openly brags about even fictional accomplishments is not uncommon.

Most people think of this type of narcissist when they hear the word. They think of an excessive bragger whose ego is so big there is no room for anyone else in the room.

However, covert narcissists? They are difficult to detect because of their aptitude for *psychological sleight of hand* while emotionally abusing their target right in plain sight.

Yet no one suspects them since (like all narcs) they are so calm and calculated (even likeable) in their approach. Everyone only suspects the person reacting.

"Snake in the grass" is one way to describe covert narcissists.

The 'behind the scenes' narcissist has almost an art form in their ability to manipulate and execute their psychological attack while destroying the credibility and reputation of the intended target.

Unlike the pot stirrer, the 'behind the scenes' narcissist takes the psychological attack to a level of cruelty and destruction even the pot-stirrer is unable to dream up. The 'behind the scenes' narcissist aims to destroy someone, not just job.

The 'behind the scenes' narcissist takes great care in rounding up people to their way of thinking, making calls, emailing and coming across as having full authority on their target.

This type of narcissist enjoys the psychological art of making sure their target is unaware until after the destruction has been complete.

The victim of this narcissist will not be aware of a knife in their back *until after* the narcissist has gotten everything from the victim that is possible, and only after people have been rounded up to agree with the narrative of the narcissist.

Even when the target of this type of narcissist is made aware of the knife in her back, the 'behind the scenes' narcissist won't be the one to let the target know.

Because the 'behind the scenes' narcissists are comfortable only when operating *behind the scenes*, they will enlist someone else to inform the target of a knife in their back.

It is a special kind of euphoria these types of narcissists get. They receive the feeling of power by manipulating group minds – regardless if facts are straight.

They get a secondary high when they feel superior in knowing they have destroyed the hard earned reputation of someone so thoroughly, even if the target is someone who is going well above and beyond the call of duty to try to be a positive contribution to the life of these narcs and those associated with them.

It is a bonus if these types of narcissists can extract any extra work out of their victims before tossing them aside like trash and letting them know of the knife in their backs after the fact.

To be on the receiving end of these types of narcissists is devastating.

However, devastating their target to show who is in charge, that is the whole point.

Everyone has run into this type of person at one point or another in their life. Many people have been badly damaged by this type of person.

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These types of narcissists are so common and predictable in how they operate behind the scenes that, simply by googling, anyone can verify what a good Grief and Family Therapist might have to say on this subject.

Each style of narcissist has their own style in how they achieve the feeling of superiority, authority and feelings of self righteousness.

In order to be psychologically cruel to their victims (for the purpose of administering to themselves their drug) all narcissists must have some degree of sociopathic nature.

Every target of a narcissist has their own unique story of how this pattern is played out. No two stories are the same.

However, all victims share the same story in the pattern of behavior by which narcissists display their own illness in such a manner these people look at *the wrong person*.

Narcs are masters at projection. Like a drug addict, they need to feel superior. Unlike a drug addict, it is a target that gets injured while the narc 'gets high'.

This style of narcissist (the 'behind the scenes' narcissist) can behave from behind the scenes more like a scared punitive spoiled child who will make anyone pay who dares say, "no", has a boundary, or educates themselves on specialty hobby topics.

Like all narcs, the trigger word is "no", and the trigger action is knowing or hearing a person has a healthy sense of boundaries. By healthy, I don't mean boundaries that are unreasonable. Normal every day healthy boundaries that anyone would have.

Some research shows this style of covert narcissism to be the most dangerous type of narcissism.

I have to qualify that statement by saying that, in each area of research both personally and with a professional, it also says ALL narcissists are emotionally dangerous, and people need to just run. Don't look back. No "one" is safer than the other. The end result is all the same - their targets will feel destroyed by the end of their experience. Heck, their targets might actually be destroyed by the end of their experience.

The "behind-the-scenes" narcissist can be the most emotionally dangerous - because you genuinely never see them coming. They leave no signs, and reveal themselves only when it is too late.

Having qualified "most dangerous" in that bigger context, I will continue.

Ever deal with someone who runs around behind people's backs, painting pictures that are based on their opinion and speculation - but which are not rooted in truth or verifiable fact?

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You might know a person who says things for the purpose of building up their *feeling* of authority. This person might make opinion and speculation sound like fact.

Expertly throwing in half-truths meant to manipulate the perceptions of people help this narcissist feel high when they see people just eating up every word that comes out of their mouth.

This person might put on a super caring face and appear religious or make a point to let people know how much they pray or help others.

If it is a narcissist, this is what is commonly known among professionals as “pretend empathy” displayed for the purpose of getting attention in order to feel good about themselves. It is a feeling, the ego-drug, that has nothing to do with actually doing something good.

In other words, every show of helping others and doing good deeds is not about the other person. It is really all about the narcissist feeding their ego for public show.

One can ‘smoke out’ a person’s agenda pretty fast by saying “no” or setting a boundary.

If it is a ‘behind the scenes’ narc one is dealing with, one can be sure character assassinations from the ‘behind the scenes’ narc will follow the moment the narc hears either “No” or detects any boundary a person might have.

It is just too threatening for any narc to hear “no”, and/or see someone with a sense of self boundary.

I personally know a parent of someone who was giving Bible studies and putting on a very Christian face to people **while** embezzling over half a million dollars.

The parent came across as soooooo nice, so warm and church going, social, friendly etc... even going so far as to give the illusion of over-tasking herself by helping everyone and spreading herself so thin.

This facade of “goeey nice, help everyone” is the facade that hid this parent’s illness.

True, she was helping people. People genuinely had something of value to look at and find nice things to say about, even find good in this person. But that was her facade by which she hid her illness. It was a sleight of hand, “look over here at all these good things I do” diversion.

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Narcissists are masters at "fake face" and why they get by with it so successfully. It is why it can take their victims years to figure out what is really going on.

Every opinion, speculation, half truth and flat out lie went undetected by the people who listened to her speak.

Imagine everyone's surprise when it came to light that, all these decades, not only was this parent mismanaging her own money, but she was also embezzling over half a million dollars from her employer. Imagine the shock when this parent ultimately blew up her family and went to jail.

Because narcissism was involved, it was predictable that she deflected and slandered any adult kid who said "no" to enabling her illness or expressed any sort of healthy and reasonable boundary.

From jail, this parent got out on good behavior early because she headed up Bible studies for the other inmates.

While she kept up that facade of looking good, appearing prayerful and spoke words of "love", this parent simultaneously and behind that 'fake face' gave the inmates her daughter's address and personal information.

This parent even went so far as to write to relatives behind her daughters back ('behind the scenes') deflecting blame onto her daughter for why she was in prison (*it could not have been because the parent stole over half a million dollars*) and then **bragging** about how inmates could kick her daughters *'behind'* when they get out of jail.

Here is the kicker and here is how it is that people unwittingly assist narcissists when the narcs are in the middle of an episode and emotionally abusing people:

Because this parent used the word-salad which included words like 'love', 'God' and other words meant to deflect, her facade still fooled everyone. The daughter whose information had been given to inmates was told by others "What happened was really not that bad." The daughter was essentially told to 'get over it', and that her mother was **'really a very nice person.'**

That is how good narcs are. They mute their targets while abusing them. They do it in a manner no one around sees what is really going on.

They psychologically kill their victims directly in plain sight of everyone.

Even mothers get a free pass when they give out their kids information to INMATES.

That is how powerful the narcissistic WEAPON of words like "love and "God" are when they pass over the lips of a person in the middle of a narcissistic episode.

If someone tells you they are being abused by a sociopath or psychopath, and your first reaction is to think they are lying because the alleged abuser is such a nice, great person...

Think again.

Superficial charm is one of the top criteria for both disorders. It's quite likely that the anti-social predator will appear nicer, more honest, and more interesting than the person who is being abused.

I have to say that the vast majority of people saw through the facade and tried to help the daughter. They even held an (unsuccessful) "intervention" with the codependent father.

But those who were closest in the inner circle of the family, those who had heard the 'whisper campaigns' of the mother had already been influence by the 'behind the scenes' whisper campaign of this narcissistic parent. After all, according to the 'behind the scenes' whisper campaign, the topic was suppose to be about *forgiveness*.

Remember, "forgive and forget so I can keep doing it again and again" is the silent motto of all narcissists.

Therefore, those who did not want to enable criminal behavior which extended beyond the half a million dollar theft found themselves on the receiving end of whisper campaigns by this 'behind the scenes' narcissist.

It did not matter that this parent had begun scamming church members out of money while awaiting jail, saying she had a "sick daughter in California" (was NOT true) these whisper campaigns were meant to minimize and discredit the character of those who said "no" to the criminal activity and had any sense of self boundary.

No two stories are alike, but patterns in every story are the same.

The parent in this example story was the QUEEN of the 'behind the scenes' narcissist, slandering anyone who dared to threaten her sense of superiority and authority. This psychological *sleight of hand* is why this parent could hide her illness and deflect it onto her targets.

With this parent, it took her having a stroke 12 years later before any sort of relationship with her daughter could resume. Her rock bottom had been reached.

This "behind the scenes' narcissistic parent could no longer harm anyone. Most people on the receiving end of narcissists never get to see their abuser hit a rock bottom because most abusers keep on going while causing so much harm to others and nothing ever stops them. With drug addicts, a rock bottom somewhere is always visible. With ego-addicts, watching a rock bottom happen is rare. But once in a while, ego-addicts meet a day when they must change their ways.

This daughter was lucky because 'rock bottom' for her mom meant her mom had a stroke and is now in a 24/7 care home, sober, no money to mismanage or steal and no longer a threat.

Only because of the stroke which caused the parent plenty of time to reflect and take responsibility could the daughter resume a relationship.

Because most people do not run into this extreme of a situation, it is important to give other example stories of 'behind the scenes' narcissists. I want to put attention on your average every day 'garden variety' type of 'behind the scenes' covert narcissist.

We see them in the corporate world and in the religious circles a lot. This garden variety 'behind the scenes' narcissist is more dangerous than the criminal parent example of 'behind the scenes' narcissist.

This garden variety 'behind the scenes' narcissist is more dangerous than the criminal parent example of 'behind the scenes' narcissist. Why?

Because, for starters, not everyone steals half a million dollars, then scams church members out of money saying they have a "sick daughter."

Not everyone removes their daughters name from the church books so that no one has a way of calling her to find out the truth or let her in on what is happening 'behind the scenes.'

Not everyone has a parent who, from behind the scenes, gives their adult daughter's name and address to inmates and then 'behind the scenes' brags about it.

However, people DO run into the type of 'behind the scenes' narcissist in the corporate world (called corporate sociopath) and in the religious circles (spiritual sociopaths) on a daily basis. Because these are every day people, that is what makes them 'garden variety' and as common (and crippling) as your every day common cold.

One who creates group mind narrative designed to diminish, minimize or character assassinate someone else has already demonstrated, in that act alone, an inability to have empathy.

Even if they appear like they have empathy, many narcs know how to publicly fake empathy to hide their illness.

It is all a part of the fake face they put on for show.

Empathy then, is nothing more than a show to help feed their own ego.

How to Tell a 'Benign Meddler' From a 'Behind The Scenes' Narcissist

The behind-the-scenes covert narcissist is the person who usually prides themselves in looking good at all costs to others, and is also a type of person who has engaged in benign interference or gossip behind people's backs in the past.

Ever know a meddler type of person who emails friends saying "don't tell so and so, but..." and then proceeds to give a person all sorts of advice on this other person (*behind their backs*), claiming authority on this person in a seemingly benign way to appear as if helping a situation?

What seems benign in the moment *could be (not always) the surface of something far deeper, cruel – and completely unidentified.*

The type of person who has a pattern of engaging in benign meddling could be a "behind the scenes" covert narcissist. Not always. Some people are genuinely well intentioned benign do-gooders.

To determine if an individual is benign or a 'behind the scenes' covert narcissist, observe **how** the 'meddler' responds to the word "no", or **how** this individual responds to someone else's sense of personal boundaries.

Observe if something as simple as saying "No" or expressing a reasonable boundary threatens this meddlers sense of self.

IF this individual is just a benign meddler who really does try to be a helpful person when writing emails that start off with "don't tell so and so, but..." nothing will come of you saying, "no", should you find yourself in any situation that might require that word in the future.

In fact, should you find yourself in a position you have to say "no" to this person, provided they are a benign individual, chances are this person will ask questions right away and seek to understand why you had to say "no."

For instance, a benign individual will call you up *directly* and ask for that favor.

When a benign individual asks for a favor and you have to say "no", the person will ask if there is a reason for the "no."

Perhaps this benign person will be eager to glean information by asking even one question: "Who really has the authority to say yes to my request?"

That is a normal way of doing things; it is direct communication, one-on-one. If this is really a benign meddler, the conversation will go down something like that.

When any person is forced to say "no", however, that is when they find out if the meddler is benign -- or perhaps someone who might be a covert 'behind the scenes' narcissist

If you discover later that the seemingly benign individual rounded up a group, set the narrative from behind the scenes before approaching you, then sent *someone else* in to deliver the message and 'group demand', this is not normal and is certainly not the actions of someone who is benign.

Maybe if you are seeing it for the first time and never have had so much as a cup of tea to get to know this person beyond group settings, giving it the benefit of the doubt is a fair thing to do.

Usually though, this is not the type of approach that is a one-time event. If you see it once, chances are this person has done this to others.

However, I still always encourage benefit of the doubt at first. Let repeated actions and patterns tell the unspoken truth.

Jumping to the conclusion that a person is a 'behind the scenes' covert narcissist (or any type of narc) should be a realization a person arrives at after observing patterns for some time and after they realize nothing can change because sufficient trouble shooting had already provided answers.

Even if you see this type of behind the scenes behavior once, it is a pretty sure bet that this individual has done it to someone else, too. Chances are, it is not the first time.

These types will not even stop to ask one simple question. Why?

Because, to ask even one question could change a needed narrative that is feeding their ego.

Plus, this type of 'behind the scenes' narcissist prefers a group consensus and pre-set narrative to add the element of 'peer pressure' for the intended target.

Additionally, in narcissistic pattern, this 'behind the scenes' narcissist will enlist the help of one or more people to do their bidding and speak on their behalf.

Working from behind the scenes, promoting group narratives, enlisting others *and doing so without ever having asked one single question* is a classic textbook pattern of behavior of any 'behind the scenes' covert narcissist. (See Dr. Boyd's article I provided earlier as one of hundreds of examples.)

When the target has to say "no", and is in a situation they are forced to do so while facing peer pressure caused by the group narrative which the 'behind the scenes' narc set up, watch what happens next.

Predictable -- the "no" is met with an even stronger and louder group narrative.

Character assassinations begin. It is so predictable, if one knows what they are dealing with, it is like a play book that includes a check list what patterns happen next.

Stories change, patterns don't. If one has no clue about narcissism, it can take years to figure out and see the playbook unfold in real time. Education to spot it is KEY for survival and step one in hopefully being able to remove oneself from the narcs life.

It is said by many psychologists, these 'behind the scenes' narcissists are the most dangerous types because they don't aim to tear you down or break you.

Rather, they seek to destroy you.

These types don't just suck your soul and mind, they steal your credibility and reputation along the way.

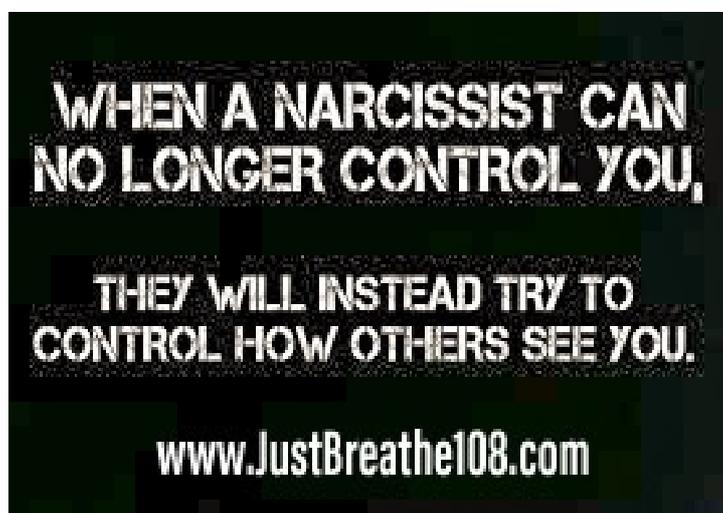
If you are not on the good side of this person, this narcissist will seriously injure you from *behind the scenes* with their **already fluent ability** to email or call people and say, "don't tell so and so I am saying this about them, but..."

Even if challenging this narcissist's sense of superiority was completely unintentional, it does not matter how harmless the person is who may have unknowingly crossed the direct path of a 'behind the scenes' covert narcissist.

Once the *feeeeeling* of superiority, authority, self righteousness, pride or ego is perceived by the narc as having been challenged, a switch gets flipped in their brain.

Once that switch in the brain of this narcissist is flipped, it is a "to the death" to maintain superiority, authority and self righteousness.

This type of covert narcissist seeks to destroy.
That is how frail this type is.



In That Moment When a Switch Gets Flipped in This “Behind The Scenes” Covert Narcissist, Here is What Happens:

When this type of individual goes into all out covert narcissist mode, what comes out of their mouth is intended to paint a picture of their victim as ill intent, invalid, someone to stay away from and all manner of things – even aim to convince others that their victim is *"the real narcissist."*

The target of the 'behind the scenes' narc could be helping someone else save the life of this narcissist's 35 year old neglected family pet.

Plus, the target of this narcissist could be going above and beyond the call of duty by helping to save the life of this pet WHILE juggling a family emergency of her own dying family member.

In this example story about to be told, this is what happened and is a perfect example of your garden variety every day type of 'behind the scenes' narcissist.

Keep in mind: No two stories are the same, but all patterns inside the millions of stories out there remain the same. All narcissists want to do is take take take. It is about having someone to look down on, to feel superior over and then later belittle. No narcissist of any type can hear the word "no" or "boundaries."

In one example coming up, even though a family friend had no authority to agree to any words of "love" going into a fund raising bulletin, the switch has been accidentally flipped, and this 'behind the scenes' covert narcissist went into full on narc mode.

By that, (full on narc mode), I mean the emotional high, the feeling of superiority has accidentally been challenged. Now this narcissist must do everything in her power to maintain authority, power and superiority in the eyes of everyone around.

When dealing with a behind the scenes narc, there is no preparation to even guess what can happen once that switch is flipped into narc mode.

To be fair, at first (and for three years) the benefit of the doubt was freely given to that family. The benefit of the doubt was assuming their family emergency was causing them to just either need a punching bag or they could not see clearly -- something along that line.

It took three years of watching patterns of behavior to figure out that it was not stress related. Instead, it became glaringly obvious that this was narcissism deflected onto a target -- the family friend who had agreed to (and followed) every request of the family that was in her power to do so.

If the family friend had to say "no" to anything, it was because she had no authority to say "yes."

This next example of a 'behind the scenes' covert narcissist includes a story about a parrot named Fresca who was rescued. Fresca was the exotic Amazon pet parrot of this family for 35 years.

Fresca's family called a family friend and asked her if she could make the connection with the professional parrot rescuer in her contact list.

The reason this request was made was because Fresca had literally turned her back on humans and was now facing the wall -- as in *actually* facing a wall, never to turn around again.

After 35 years with this family, Fresca could not take any more of either her living conditions or failing health. She was now facing the wall and had begun her process of 'powering down.'

Many animals find a dark place to go die. Facing a wall was the only option Fresca had for privacy.

The family friend did as Fresca's "family" requested. She called the professional parrot rescuer.

The professional rescuer said she needed signatures on a release form from family members on the night she agreed to remove Fresca from their home.

However, the family friend, not wanting to disturb them that night because of their emergency, vouched for the family's "goodness and honesty", reassuring the rescuer they would sign the moment it was requested and asked for a couple of weeks stay on the written release form.

The family friend gave a glowing review of how she assumed Fresca's "family" would behave when the signature would be requested inside the next couple of weeks.

She said things like, "I have known them for a long time. Really, they will be nooooo problem. As soon as you ask for the signature in a couple of weeks, you will have it. They are good, honest people who will give you no trouble whatsoever.

They had their own family emergency going on, so giving them a couple of weeks seemed like the kind thing to do.

As you will see, that voucher and glowing review of the family given in order to talk the professional parrot rescuer into doing something she normally does not do, **that voucher completely backfired.**

The parrot rescuer agreed to a delayed signature under one condition -- that this family friend got verbal permission to remove Fresca from each family member.

From that moment on, because of this voucher given by the family friend and the resulting extra needed effort required to get the verbal agreement from each family member personally, the family friend was now acting as a *middle man* for communication between the family and the professional parrot rescuer.

Being a "middle man" was something that just happened and took its flow starting the moment she was asked to get all the verbal agreements.

The family friend did exactly as requested by the parrot rescuer and showed up to a family dinner at a restaurant. She specifically went around the table specifically asking each individual family member if they wanted Fresca.

Each family member at the table, when directly asked if they wanted Fresca said, "No"; "Definitely not"; "NO, she bites"; "No." There were friends of the family also present, they were also specifically asked. No one expressed any desire to take Fresca and restore her.

Additionally, there were only two questions that were asked by this family.

(1) Will vet bills cost us anything? We don't want any costs.

(2) Is anyone going to profit off this rescue? No one can make money off of the rescue.

There was not one word of concern for Fresca or the care she would be given. Not one. The ONLY concern expressed was not having to foot any vet bills.

It was explained that vet bills would start around \$750 and go into the thousands over the next year, so money on social media would be raised since they did not want to pay.

As soon as the bulletin was complete and approved by one family member, it went out on social media for fund raising.

Photo documentation of this story is provided at the very end of this eBook.

A Quick Interruption to This Article:

To show the condition of Fresca, here is a photo taken on Day One of the rescue. This photo shows there is no exaggeration how seriousness her condition was.

To everyone's surprise, she lived through the first night.



This person holding Fresca was gowned up because this parrot had not had a bath in 35 years. As a result, Fresca gave anyone little bug bites and sinus infection when they handled her.

Fresca was having a hard time holding up her head so is leaning against this persons face.

The black feathers indicate malnutrition.

The photo is an important reference point for this example story. This well documented story demonstrate the patterns of a classic, textbook 'behind the scenes' covert narcissist attack.

***** Follow up photos are provided at end of article to show her progress.***

A bit of history on Frescas condition at the time of her rescue: Fresca had not been bathed in at least 35 years. As a result, she was filled with bugs and dust.

Furthermore, no one expected this exotic parrot to live through the first night of the rescue, let alone two weeks.

Because Fresca had already (rightfully so) quite literally turned her back on humans to face a wall and begin the dying process, she was in such a frail state that even the professional rescuer was delighted when Fresca lived through the first night. It was a big, "WOOT!"

The condition of Fresca was quite serious. For 35 years she had only known a foot long perch that sat in a windowless corner, no toys, no cage to crawl around on to get exercise, and no sleep routine since the foot long perch was next to the TV and social area.

If Fresca tried to socialize with the humans, she was abused by being yelled at to shut up and sprayed with water.

Fresca should have been green all over with yellow cheeks and a little bit of red on the top of her head.

However, at the time of her rescue, she was black on top and red all down her front.

Avian vets could not identify her species until they saw a baby photo from 35 years back.

Humans skin turns yellow to indicate liver problems. For parrots, feathers turn red. Feathers also turn black from malnutrition.

It was visible to the avian vets that Fresca's feathers had begun changing colors early on because the beginning of black feathers was evident in a baby photo from 35 years ago. (Photos shown in the Fresca Followup section at the very end of this article)

According to the baby photo and explanation from the Avian vet, this was not neglect that happened in the most recent five years like the 'behind the scenes' narcissist kept insisting when she kept blaming her father for the neglect.

According to the baby photo, this amount of damage happened gradually over years, and took a number of people looking the other direction pretending nothing was wrong and making no effort to research proper care.

There were more people than just the father in the household. There were kids, too. This was a pet of 35 years.

The reason why this gets stated is because at the time of Fresca's rescue, every adult kid was doing the blame game as to why Fresca was in such a bad way. Every one of them pointed to their deceased father (who could not defend himself) as the one who neglected Fresca.

The deceased person needs someone to defend him since he did not do this alone and was not alone in the household for 35 years:

All documentation shows that it took a tribe to decide that Fresca would never have a cage to crawl around on and that she would be confined to a foot long perch as her range of motion for 35 years.

It also took multiple people to collectively decide to look the other way while they kept Fresca placed in a corner with no window, no sun and no toys.

It took a tribe of people to justify emotional abuse of spraying Fresca with water and yelling at her to shut up when she was just trying to be social.

It also took a tribe to never once give her a bath in 35 years.

It also took a tribe of multiple people not doing even **basic** research on proper care for that helpless animal in the corner.

So, it is *not cool* to blame Fresca's condition on someone deceased. There were multiple people in the household who could have stepped in at any point along the way in those 35 years and changed Fresca's living condition.

Because no one did, Fresca was in a serious way by the time she was rescued.

After her first avian vet appointment, it came to light that, in addition to liver issues and malnutrition, she had a very high risk of heart attack -- and that became a primary concern, on top of everything.

It was immediately clear that the decades of improper care to Fresca would make her a very expensive and time consuming special needs parrot that would change the life (potentially for decades) of anyone who adopted her — provided she lived.

Amazons live 60-80 years, depending on circumstances of course.

Happening Simultaneously to Efforts to Save Fresca's Life.

A week before the parrot rescue, the target of the narcissist had a family member with breast cancer go back into surgery because of an aggressive relapse.

When the surgeons opened up the family member, they took one look, closed her back up and said, "there is nothing more that can be done."

Doctors knew this cancer patient had only a couple of weeks left to live. She remained in the hospital for one week to heal a bit from surgery before being released to go home on hospice to pass away in a more comfortable environment filled with love.

At the same time the target of the 'behind the scenes' narcissist had her own dying family member coming home for hospice, she was also giving unprecedented time and effort with the professional pet rescuer trying to save the life of Fresca. If that was not enough, she was ALSO giving **free** professional services to that other family's emergency -- per their request.

In other words, this family friend was going way and above beyond the call of duty for Fresca's family.

Why? Because she loved them and was trying to do the right thing during both family emergencies.

She was trying to juggle both family emergencies.

Also at the same time, the target of this 'behind the scenes' narcissist was being led to believe she was contributing in a positive manner to the narcissist's family and their family emergency.

The target loved this other family. She had no idea the love was not a two way street. It took her years to figure that out, since narcs are well versed in 'fake face.'

She also had no way of telling that she was there as nothing more to this family than someone to get free services from, being used to help the neglected family pet -- and that she was being diminished behind her back the entire time -- while she had a dying family member of her own.

That lie she was told, (that she was contributing positively) is what kept her going in her efforts to help this family's emergency.

That lie is what kept her juggling two family emergencies.

The target of this 'behind the scenes' narcissist did her best to 'do the right thing',

having no clue what was happening...

"behind the scenes."

Essentially, this 'behind the scenes' narcissist hijacked her target's own personal family emergency.

Then this narc turned around and erased every single good intention her target had and turned every heart felt act of sincere giving into a 'whisper campaign of one character assassination after another, classic text-book fashion that only a 'behind the scenes' narcissist can accomplish.

Why? As you know, the fund raising bulletin the professional rescuer put out was family approved by one family member. However, the 'behind the scenes' narcissist began a narrative that the family friend was dishonoring because of this fundraising bulletin and even got the person who approved it to agree.

No one said anything to her -- not until after they got every free professional service from her they could. She had stood in front of everyone for 45 minutes giving free professional services and had NO clue the fake face by everyone that was happening.

Only afterwards did she find out she was being called "dishonoring" and found out about the demands that the fund raising bulletin included how "loved" Fresca was.

Of course the family friend HAD to say "no" to the request to change the bulletin. She had **no** authority to say yes and meddle in the professional pet rescuer's ability to fund raise. After all, she had already meddled in the procedure of the rescuer when requesting that the rescuer wait a couple of weeks to get the written signature of release for Fresca.

Not only did the family friend have to say it for the reason she had no authority to say, "yes", but she had to repeat her "NO" a second time when she relayed the "NO" from the professional pet rescuer.

Upon hearing the demands to put in the fund raising bulletin how "loved" Fresca was, the initial response was by the professional parrot rescuer was, "they must be smoking something."

Immediately, since this demand indicated that the family was now going to interfere with the rescue, the voucher given by this family friend on behalf of this family immediately expired. Instead of just the verbal release by everyone, now it was time for the signature.

When the family friend passed on the request, the family demanded a conference call with the rescuer, felt "rushed" into a signature so began stalling, and insisted that the word "LOVE" be inserted into the fundraising bulletin.

HUH?

Rushed?

They had been given a couple of weeks extension and should have given a signature the night Fresca was removed. They would have given the signature the night Fresca was removed had the family friend not pleaded their case.

Now they did not want to give it when requested, made a liar out of the person who vouched for them **AND** they wanted the bulletin changed.

As for what flipped a switch worse in a narc, a "No" had been said. We all know what that does to a narcissist.

Truly, when a 'behind the scenes' narcissist has their authority and feeling of superiority challenged in any manner, they seek to destroy. They don't jab or pot-stir. They seek to destroy.

Text book for a 'behind the scenes' covert narcissist:

In every case found in every research where anyone is attacked by a 'behind the scenes' narcissist, the victim of this style of covert narcissist will never know a thing until after every humanly possible contribution is complete, and certainly not until their reputation as a decent human being has been destroyed.

That is what began happening here.

The phrase "Every good deed WILL go punished" was just beginning to become quite real.

Trying to defend against a narcissist's smear campaign

is a waste of precious emotional energy that you will need. Do not try to sway their supporters in to siding with you.

The narcissist has anticipated

all that you might say and has already countered them by planting a very credible sounding rendition of the truth in the minds long before the relationship ended.

Dee Dumbly PhD
www.justbreathe108.com

The 'Behind the Scenes' Narcissist Did Not Stop There.

When the target of the 'behind the scenes' narcissist gave updates about Fresca, everyone responded as though the updates were welcome. The family and even friends seemed openly appreciative and encouraged updates.

The target of the 'behind the scenes narcissist did not realize until too late that Fresca was so unloved by this family, even updates on progress were unwelcomed.

The target of this 'behind the scenes' narcissist did not know until later that even *what seemed like appreciation* for updates on Fresca were **also** just a fake face.

She only found out later through the person which the 'behind the scenes' narcissist had enlisted as her voice and whom she always hid behind when attacking her target.

The target had her own dying family member. She could have done without giving updates, had the family owned up to the fact they did not want one.

If the family did not want updates, then why did they not just say so? Why character assassinate behind the narcissist victim's back and smile to her face as if in an appreciating manner whenever she gave an update?

Because that is what 'behind the scenes' narcissists do innately. It is about the high on ego. It is about the need to look down on someone to feel superior. What better way than disparaging attitudes from behind the scenes.

All of this was happening at the same time, the target of the 'behind the scenes' narc had NO idea until later.

Back to the fundraising bulletin: When the "no" was relayed, the 'behind the scenes' narcissist became more aggressive with the group narrative being set forth from -- **behind the scenes and out of sight of her target.**

Instead of asking even one question of the family friend for clarification, the 'behind the scenes' narcissist began dismantling every good intention of this family friend and turned it into something of ill intent.

Character assassinations got worse and the target of the 'behind the scenes' narcissist had no idea what was being said or that anything was being discussed at all.

Textbook verifiable covert narcissistic behavior -- google it or talk to a professional..

A few days later, when the professional pet rescuer became aware that her process of getting release forms signed for Fresca was being held back by this 'behind the scenes' narcissist, that her ability to fund raise was being impaired by demands meant to minimize Fresca's condition with a status of a 'beloved pet', AND she learned that even updates were unwelcomed. That was just too much.

The professional pet rescuer welcomed a conference call when she heard they did not want to give the written signature at that time and wanted to instead pursue interfering in her fund raising efforts with words of "LOVE" in Fresca's fund raising bulletin.

The professional parrot rescuer immediately stepped in by removing the target of this narcissist as the go-between and decided to deal directly with the family herself. Specifically, from that point on she aimed deal directly with this now identified 'behind the scenes' manipulative person.

In the conference call, the professional pet rescuer told the family the same thing she had told their family friend: "NO, the bulletin would not be changed to include how "LOVED" Fresca was.

She told the family that if they wanted to pay for the vet bills until they signed the release form, they were free to do so. However, that option was the only way the bulletin would not be used for fundraising. If they did not want to pay for vet bills, the bulletin would continue to be used for fundraising without any changes.

The family chose the option to pay for the initial vet bills and the fund raising bulletin was no longer needed to raise money for vet bills.

The professional rescuer then turned to the family friend who had been the 'middle man' and explained that there is a reason she normally gets signatures **day one** instead of a verbal agreement to start with.

She explained there was a reason she had been uncomfortable with voucher for the family about how honest and reliable family this family was.

The professional rescuer explained that, when there are family emergencies, any number of things can happen; People are not always at their best behavior under stress.

The reasons she stated were playing out in real time now: At this point, the family did not want to give the signature when requested via the middle man, and now the family was interfering with with her process. Now she was going to have to 'play the game' until she could get that signature of release. Who knew how long that would take. Without it, she was legally limited with Fresca.

When stepping in to take control with no middle man, the pet rescuer said (paraphrased) to the target of the 'behind the scenes' narcissist, "No good deed goes unpunished; this family is taking their family emergency out on you, it is time for you to go focus on your own family emergency because you have someone in hospice about to pass away. I will deal these people from here on. My concern is not for them, it is for Fresca."

The pet rescuer, also a skilled management person from her day job, recognized who was the real problem in that family (the 'behind the scenes' narcissist), so took over by communicating directly with this 'behind the scenes' narc.

A behind-the-scenes narc is no match for a skilled manager who has had hundreds of hours in training and years of experience dealing with these types.

In this case, once the manipulative 'behind the scenes' person who was slowing down the rescuer's efforts was identified, the 'behind the scenes' narcissist became the only signature this pet rescuer was after.

The reason for this was because, by now, it was clear no other family member was going to be a problem since it was clear that family members followed the narcissist's lead and self proclaimed authority on how things would go with Fresca.

In true expert fashion, the rescuer started telling the narcissist whatever she wanted to hear until an end goal was reached. It was clear to the rescuer that she was not going to get that signature on the release form any time soon because the 'behind the scenes' narc needed to feel like she was in charge of everything.

The manager played the game by saying whatever it was this narcissist needed to hear, catered to the needs of this narcissist to feel superior, in charge, and an authority — right down to making sure it was the 'behind the scenes' narcissist who signed the release forms.

The signature of this "behind the scenes' covert narcissist, in particular, was the important one to get since she had claimed herself as the voice for the whole family, the gate keeper of the signature and the one in charge that everyone goes along with.

By getting the signature, the rescuer ensured that the *ego and need for authority* this 'behind the scenes' narcissist had demonstrated could never ever again cause problems and delays for the future well-being of Fresca. By this point, one vet had said after viewing Fresca, "This family is lucky authorities are not called."

Weeks later, one family member was there to witness the signature happen on the release forms. The moment this narcissist left the pet rescuer's home after signing the release form, the rescuer and skilled manager did a "WOOT!" and texted to the target of this 'behind the scenes' narcissist a picture of the legal and binding papers. She played the "feed the ego" game all the way to the end.

BUT WAIT, THERE IS MORE!

Narcissists cannot stop attacking.

If they find someone they can get a steady supply of 'ego-drug' from, and that person has not identified the real problem & is hanging around,

There is only ONE outcome: The attacks WILL continue.



That signature happened WEEKS later.

In the mean time though, when it was clear the signature was not going to happen and it was clear that the pet rescuer had her work cut out for her to get that signature, the target of this narcissist left the situation, realizing there was not only a knife in her back -- but all kinds of character assassinations had happened.

The target of that 'behind the scenes' narc then turned her attention to a dying family member who just had just come home for her last couple of weeks on hospice.

The narcissist – in typical ‘behind the scenes’ fashion – continued the attack by going in for the kill.

Remember, a 'behind the scenes' narcissist *must always* enlist the help of someone else in order to remain invisible yet feel powerful and superior. That is their predictable pattern.

Since this narc already was working in conjunction with someone she had enlisted from the beginning, she kept using that same person.

The Magic Of 108: Using Mala Prayer Necklaces In The 21st Century

By claiming authority to know everything about her target, someone she had never even had tea with, this narc remained behind the scenes, manipulated the thinking of and enlisted the help of that person to **write and send** a cruel text to her target – specifically accusing her target of being ‘a narcissist.’

YUP. The ‘behind the scenes’ narcissist had a text sent to her target WHILE her target sat vigil for a dying family member.

Now it went from being 'behind the scenes' to relaying to the target through someone else what the group narrative had been all along.

Notice, and this is verifiable through both hundreds of articles on this topic and professionals who specialize in narcs, the 'behind the scenes' narc did her dirty work from behind the scenes *through someone else*.

This is how the 'behind the scenes' narcissist got her ‘high on superiority’:

First, by first manipulating the person who wrote the text.

The narcissist got a second high when she proofread the text to make sure it was exactly what she wanted to to have communicated and was exactly what her group narrative was.

The 'behind the scenes' narcissist then got a third high when she felt her power of destroying anything personally good in her target when she approved the text.

She got a hit of her *ego-drug* when she said, “**SPOT ON**” and then it was sent.

Her enlisted person was simply the visible sender of the text who protects the ‘behind the scenes’ narcissist to the nth degree, at all times -- even to this day.



Really get this. Pause right there.

In order to get the drug fix of being high on *feeling* superior --

Let.

THIS.

Sink.

In.

Breath. Pause.

Really picture this: A target helped a narcissist's family to the nth degree, sleeping on cement floors at times because of certain things they were helping them with, even gave herself a sinus infection while helping to save the life of the family pet of 35 years.

The target of the narcissist was gladly giving free professional services in addition to helping save Fresca.

The target was trying to think of this family WHILE having a family emergency of her own — a loved one had just been sent home from the hospital to go on hospice and expected to pass inside two weeks.

But placing a knife in the target's back was not enough for this narcissist.

After already squarely placing the knife in her victim's back with all of the above, this type of 'behind the scenes' narcissist continued the covert attacks to go in for the kill by manipulating the thinking of someone else and inciting that person to do her dirty work for her; sending a cruel text deflecting all narcissism onto her target — **while** the target sat vigil for a dying family member.

**THEY CAN'T
KILL THE TRUTH,
SO THEY TRY
TO ASSASSINATE
THE CHARACTER**

Take. This. In.

To add to the narcissistic emotional high, the 'behind the scenes' covert narcissist enjoyed proofreading and approving a text before her enlisted passive aggressive narcissist sent it. "SPOT ON!"

And there it was, **hidden in plain sight**, destroying someone else and deflecting onto someone else, pointing elsewhere so no one would suspect who the real narcissist is.

Classic text book. Calm, calculated, behind the scenes -- pointing somewhere else. Getting high on ego.

The target can't even defend herself because a group narrative was already set. As a result, people closest were willing to continue justifying the attacks on behalf of the 'behind the scenes narcissist.'

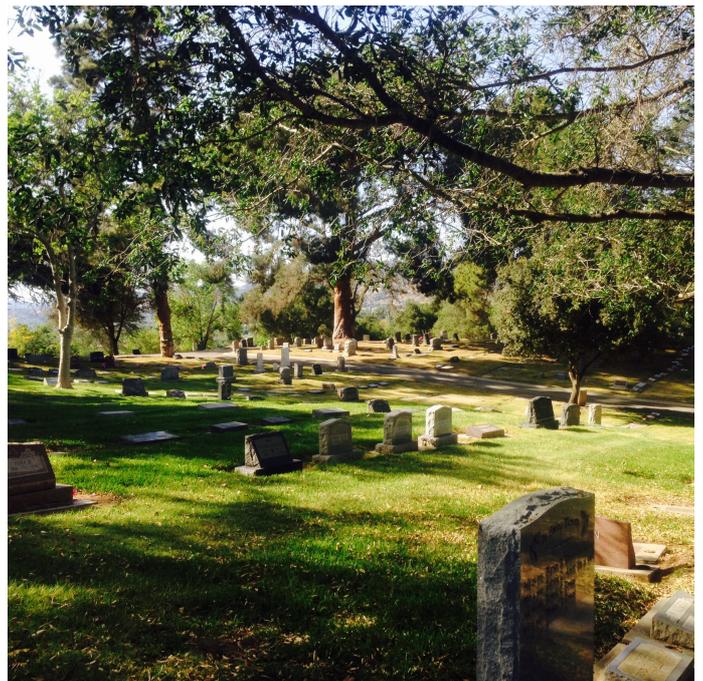
"Hello! Narcissists don't help professional rescuers save the life of a neglected family pet, plus give free professional musical services — and do this for other people in need while having a dying family member of their own.

In order to be THAT selfless, it would actually require someone who had — oh, I don't know — EMPATHY.

In the meantime, the victim of this type of textbook attack went through every emotion possible when she realized to what extent she had been used by this family and when she realized the level of *fake-face* shown her by everyone in this family she had tried to help.

When she realized that (in textbook fashion) any hard earned reputation as a decent human being had been destroyed by this 'behind the scenes' narcissist, she then turned her attention to her family member who was not expected to live more than a couple of weeks.

She buried the ashes of her own family member shortly afterwards.



How Could Anyone Help This Narcissist Dump Her Illness Onto Someone Who Kept Trying To Help The Family?

Don't Be
Ashamed
of your story

It will
Inspire
others

InspirationalQuotesGazette.com

How could any enlisted person not only go along with this, but constantly be joined at the hip with this type of a person and defend them for years, even decades, enabling and rewarding this type of behavior?

The ONLY way for this level of cruelty to successfully be implemented is if there is a codependent relationship between 2 (or more) covert narcissists.

The 'behind the scene's narc likes to hide, the other likes to passive aggressively gas light.

If they have a mutual target, they can work together to get their high of superiority and self righteousness. Like two magnets, they just become inseparable.

The only way this level of cruelty can happen is if two narcissists team up to feed their superiority by attacking a mutual target. The two illnesses become one, joined at the hip.

By sharing a mutual target, the 'behind-the-scenes' narcissist remains hidden while the pot stirring narcissist gets to gas light.

This Attack Was Brilliant, From a Narcs Type of 'Brilliance', Actually:

Narcissists working in a codependent fashion with each other, getting high on superiority while gas lighting AND character assassinating their mutual target in their own covert ways can happen, and is not uncommon.

Two narcissists rendering their victim helpless to be able to do a thing about it – except to react – only to get abused more because any amount of reaction only gives the narcissists working together a secondary high of feeling superior and self righteous.

What better way for a narcissist to **never** own their own addiction to feeling superior and self righteous in their narcissistic cruelty by blaming their victim?

What better way to deflect their own addiction onto someone else and cause all kinds of PTSD on their intended target.

What better way to inflict psychological cruelty onto someone else in plain sight and even get the unwitting support of onlookers.

The Narcissist's Prayer might seem funny on the surface. However, when it is happening and a person is on the receiving end of it, it never feels funny. These are common phrases that come out of a narc.

A pot stirrer is not beneath using this prayer to show a cavalier attitude to a target while using the presence of a 'behind the scenes' narc to gas light a mutual target.

A Narcissist's Prayer

That didn't happen.
And if it did, it wasn't that bad.
And if it was, that's not a big deal.
And if it is, that's not my fault.
And if it was, I didn't mean it.
And if I did
You deserved it.

How Can One Be Certain This Was a Case of Being Abused by a 'Behind The Scenes' Covert Narcissist?

Simple: Watch patterns of behavior. Are behaviors happening now that one has seen in the past?



SURE ENOUGH! Later, pattern repeated itself.

Later, time showed this 'behind the scenes' behavior was not limited to a one-time event. Potential pattern had already shown up twice.

Let's confirm what we are seeing by watching it in action a THIRD time.

Remember, for a covert narcissist, one has to look at the pattern of abuse and have the presence of mind to stop looking at the person reacting. Look past a person reacting to see who is pointing at the person reacting, who is engaging in 'word salad', who is analyzing the reaction and who is calm as a cucumber.

It is a page turner ...

Fast Forward Three Years:



Three years later, this narcissist's victim got a breast cancer diagnosis. Her diagnosis was for two types of breast cancer, one of them being the same type of cancer as the family member she had buried three years prior, during the narcissistic attacks.

The 'behind the scenes' narc found out about the cancer and wrote a text to her target. On the surface, the text looked nice. However, remember, no narcissist will ever give any other type of a face. "Nice" is what they do best.

The target of this narc (now cancer patient) did not respond the way the 'behind the scenes' narcissist decided she should. Actually, after everything that narcissist had put her through, the cancer patient opted to simply not respond to the text at all.

Why?

The obvious.

If this were a normal person, not a narc, the unexpected out of the blue text would have opened with something along the lines of, "I know things happened in the past, maybe we can start over. Sorry you have cancer. If you want to try again, let's talk."

Sadly, no. That is not how the text went, not even remotely.

When dealing with a narcissist, they will claim authority to talk to you in text form as if they know even your cancer outcome; they will talk as if nothing in the past happened and they will ignore that anything in the past even happened.

An out of the blue reconnect will be approached as if everyone has been best friends forever.

HUH?

That is a pretty big elephant that just got swept under the rug.

This is classic narcissistic behavior: Pretend nothing happened. If a narc is forced to address what happened, they will always find a way to either minimize it or use word salad to **justify** why any drama should be deflected onto the target as the 'real problem.'

This narcissistic behavior then forces their victims to shove elephants under the rugs and pretend nothing stinks or is rotting. This game of *pretend* gives the narc room to abuse in the future.

The cancer patient needed to focus on her health and getting past what was ahead of her over the next year.

What cancer patient would find it healthy to respond to any text when nothing was addressed in the text, not even a simple 'sorry about the past, I would like to start over and try again.'

No cancer patient, under those circumstances, would (or should) respond.

Nothing was addressed about the past, even in the slightest of terms, so it was clear what the dangers would be for the future: The cancer patient knew that, should the switch get flipped in the brain of a person like this 'behind the scenes' narc, it could be worse for her health.

The cancer patient knew that, if she did not respond to this person's help in a manner the 'behind the scenes' narcissist would require, there was a very high chance there would be a theme and variations of what happened three years earlier with more character assassinations. She had already been down that devastating road.

So a "no response" *for many reasons* was the choice of the cancer patient.

Remember, all research shows that typical narcissistic behavior includes pretending nothing happened, pretend innocence and pretending ignorance.

That action of pretending is in itself gas lighting and stirs emotions.

The Magic Of 108: Using Mala Prayer Necklaces In The 21st Century

When the cancer patient did not respond to the text at all, this 'behind-the-scenes' style of narcissist did what 'behind the scenes' narcissist do best. She did something even the cancer patient could not have predicted:

The 'behind-the-scenes' narcissist launched into whisper campaigns behind the cancer patient's back by sending emails that included standard phrases like, "don't tell her I am saying this and don't show her the email, but..."

The 'behind the scenes' narcissist resumed character assassinations as if she had never stopped from three years earlier. She did this when there had been ZERO contact for three years!

The email consisted of tearing down the cancer patient's character, warning others close to her about the cancer patient's character of narcissism and more.

The entire email, while doing so, was cloaked in words of "love" and "healing". A person would be "emotionally healed" if they stay away from the cancer patient and 'the cancer patient knows this.'

The email sent to others behind the cancer patient's back was filled with contempt for the cancer patient cloaked in taking God's name in vain via using the words "love" and "healing" as a weapon against her target.



What on earth provoked such an email and whisper campaign slandering a breast cancer patient who was about to undergo a bilateral mastectomy?

Easy answer: The cancer patient did not respond the way the 'behind the scenes' narc had decided she should.

A 'non response', apparently, was the equivalent of saying "no" and having a self boundary.

Let.

That.

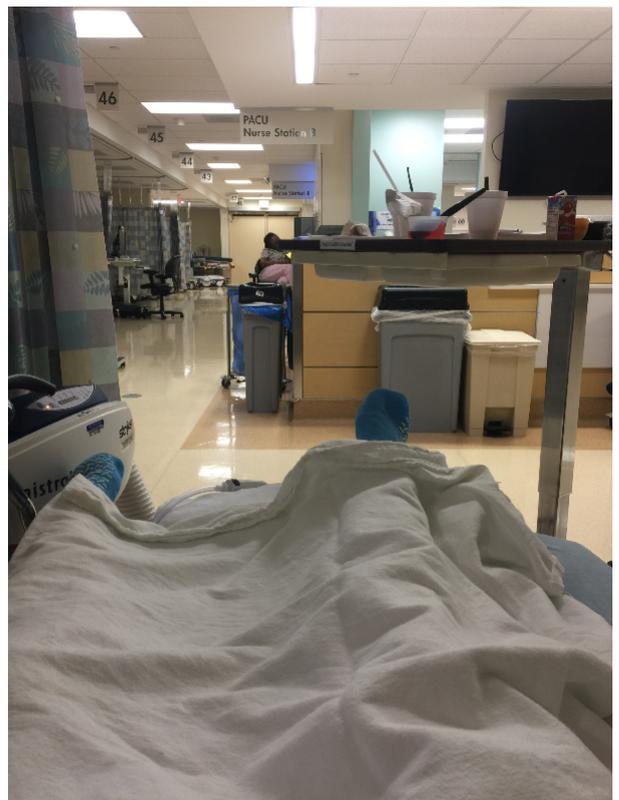
Sink.

In.

With these types of 'behind the scenes' covert narcissists, even a breast cancer patient about to undergo a bilateral mastectomy does not get to have free will about their needs, not without consequences and payback that come in the form of character assassinations.

By writing horrendous emails of warnings about her victim in whisper campaigns to others, cloaking her utter contempt behind words 'love', 'God', 'healing' and other words meant to hide the true agenda of character assassinations, this covert behind the scenes' narcissist **openly** (and in plain sight) indulged in her emotional drug of "*superiority.*"

Yet, because of the word salad "love", "healing", "God", she went completely undetected.



Narcissists love to confuse and muddy the waters.
It is all about a drama fix for them, at someone else's expense.

Breast cancer patients are not off limits.

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Since the email was sent to a passive aggressive narcissist who likes to hurt people and do so in a manner of gas lighting and making people suck it up until they explode, the email was shown by the gas lighter to the target of the 'behind the scenes narcissist'.

When it was shown, in the very predictable style of any pot-stirrer, the email was minimized and the pot stirring narcissist pretended it really was not that bad.

THIS IS HOW OUT OF CONTROL NARCISSISTS ARE:

The cancer patient (the continued target of the 'behind the scenes narcissist') was first character assassinated by one person (the 'behind the scenes' covert narcissist, and then gas lit by the recipient of the email who is a pot-stirrer style covert narcissist.

“

Some people say, “Train your mind to see the good in everything! I say, “Train your mind to see the truth in everything! Good and evil will always exist. However, when we condition ourselves to see only the good, we tip the balance by leaving the door open for evil to rise!

David Roppo

How Can Two Narcissists Work Codependently as Narcissists Going Forward and Share a Mutual Target?

Easy. First of all, codependency can happen between married couples. If it is siblings, it is just as easy.

If both share a similar type of narcissism and if both have styles that can compliment each other, it is not far-fetched to see how the two can fall into a pattern.

First of all, their complimentary illness is that they are both covert narcissists. This helps. It is also what will ultimately keep them glued to each others hips as each others "go-to" people for a lifetime as codependents long after any of their targets have removed themselves from the triangle.

The passive aggressive 'gas lighter' can use the 'behind-the-scenes' narcissist to *gas light* their mutual target.

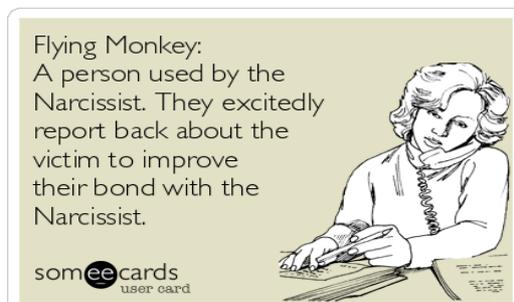
The passive aggressive covert narcissist needs to gas light. This gas lighter knows the pain caused by the 'behind the scenes' narc.

What better way to gas light her/his target?

Then there is the 'behind the scenes' narc who loves the idea someone else is using her to hurt her target AND she gets to simultaneously keep the disparaging group narrative going meant to minimize and discredit her target.

Think about it, from a 'getting high' point of view, it is like
2 people sharing a joint to get high on pot.

Only, in this case, the joint being passed around is an actual human being which two narcs are using to get high on ego. The human is nothing more than ego-food for BOTH of these narcissists. One is a passive aggressive pot stirrer, the other is 'behind the scenes'. A perfect fit.



Was The Pattern of Behavior Real or Imaginary? Let's Go For Round Four.

In case a person is still unclear if this is a case of a 'behind the scenes' narcissist, the pattern had repeated yet again.

When someone did present the 'behind the scenes' narc with verifiable FACTS, her response was to say she was "going to keep on believing what she believed anyway."

Facts would have changed a narrative, had she accepted them. Accepting facts would destroy the ability to look down her nose at her target. She NEEDED her ego fix. Therefore, facts needed to be rejected.

Repeated behavior paints the picture of the truth.

At a point, these are not isolated incidences. This is not the first time this 'behind the scenes' narcissist has done this to someone, nor will her target be the last person to have been treated like this.

**A narcissist can never be
wrong
Their opinions are facts
Their feelings are valid
Their views are always right
This does not apply to you
Everything you think, feel, or
say
is wrong
Point out a hole in their
illogical thinking
and you've just started
a never ending war
They will slander you
behind your back
Because to them
their lies are the only truth**

As With all Narcissists, Stories Might Change, but
Patterns Remain The Same.

Here is Another Story of a “Behind The Scenes” narc.

This One, a Parent.

This story is an another example story. However, even if the details in the stories change, the pattern of the narc remains the same.

A parent can be this style of narcissist. I know parents who are alcoholics who will, when found out, slander the person who found out.

The ‘behind the scenes’ covert narcissist parent will launch right into ‘whisper campaigns’

Before the son or daughter knows it, the parent has everyone around thinking they have an alcoholic son.

When the son defends himself, the parent has a way of making everyone believe the son is ‘just trying to hide being an alcoholic.’

The parent might mention to everyone the bottle of wine in the son’s cupboard and start telling people there are cases of wine and they see their son drinking all the time. When the son does drink, it is tea, and there is only one bottle of wine in the cupboard.

Character assassination is what these type of covert narcissists do.

“HEY EVERYONE! Look over there!” is a classic move of the ‘behind the scenes’ covert narcissist. This move is their most favorite move to get everyone looking at (in this example) the son as the alcoholic.

These types of covert narcs are such masters at it, they believe their own lies and stories they tell themselves about others.

How else can they be so convincing and sway such large groups of people? How else can they continue inflicting their abuse and harm on another human being?

With enough half truths, completely false facts, words of “love” and “God”, maybe even toss in a Bible study for good measure to hide behind, it is easy for these types of covert narcissists to muddy the water.

They are masters at calmly, from behind the scenes, creating chaos while deflecting their illness directly onto their victim.

Therefore, it is an illness, it is not personal.

Even if it is NOT Personal, (since it is an illness), What Is
Happening to a Victim IS Personal.

Profoundly Personal, Even Frightening.

These stories are being told as an example stories. There are millions just like this. Different stories, but always the same patterns.

Remember, this is not the only time a 'behind the scenes' narcissist has left someone feeling destroyed and worthless.

The patterns inside the stories are verifiable, all anyone has to do is research and/or see a good grief and family therapist for more information.

When people start googling it, finding therapists, identifying patterns of behavior and getting educated, it that might help them realize what the real problem is. (hint, it is not the person narcissists are pointing to.)

To be on the receiving end of a 'behind the scenes' narcissist is devastating at best. It is truly terrifying for a victim of this type of a psychological attack to learn after the fact how everything that looked real was in fact NOT real.

For a victim of this type of psychological attack, as in the example story of the family friend who helped a rescuer save Fresca's life, it can be **truly frightening** to know that *an entire group of hostile people* could put on such a fake face while they got the last of the work they could from a covert narcissist's victim.

All of them, hostile, fake face, letting the target of the narcissist stand in front of them for 45 minutes because of free professional services rendered. Not one hint of what was happening 'behind the scenes' was given, nor was one question asked. Everyone was lying to her telling her (in either actual words or in actions) how they felt. Everyone let her incorrectly believe that she was a "positive contribution."

While she had her own dying family member, she was getting *used and abused* by this other family.

It can destroy a person to find out how wrong they can be about so many people, especially to find out that the leader is nothing more than a sheep in wolf's clothing -- hiding behind her x-husband's narcissism to justify all the abuse she inflicts on others.

Everyone, from 'behind the scenes', just believing whatever the covert 'behind the scenes' narcissist told them to believe.

This covert narcissist felt threatened and needed to regain a feeling of — you guessed it — superiority. This is the pattern across the board that shows how and why these types of narcissists respond to “no” and “boundaries.”

For a victim of this type of psychological attack, regardless which theme and variation of a story this textbook pattern reveals itself in, it is *truly frightening* to know so many people can put on such a good fake-face while taking as much effort and work from the target before letting the target know what's been going on behind the scenes.

It is also just truly frightening to know one can be attacked in that manner and not even have a clue what is happening. This is how a 'behind the scenes' narcissist can destroy any sense of self a person has.

This is how a 'behind the scenes' artist messes with the minds of their targets to such a degree the target cannot identify real from fake face. This is a textbook trade mark of 'behind the scenes' narcissists so it is not at all surprising that something this cruel actually happened.

What Dr. Boyd wrote in his article I showed at the beginning of this section, that excerpt how these types of narcissists go to everyone around their intended victim, Dr. Boyd was 'spot on.'

From that excerpt: "One of the most common outward expressions of psychological attack is character assassination. This is where the aggressor goes out to your friends, family, co-workers, acquaintances and any other people in society who will listen, and tries to defame you in certain ways.

The stealth of this strategy is that it is done behind your back when you are not around and uses a convincing combination of truth, half-truth and lies.

What it does is to influence and affect the perception and belief system of the target in a negative way so that they no longer have positive feelings about the person getting character assassinated.

Here is another example of an article, small excerpts. This is just one of many examples anyone can find in articles, text books and counseling from any Grief & Family Therapist:

Psychological Murder: Death By Covert Abuse” by Marc Hubs. He is a writer/researcher on mind, science, and conspiracy. He is the author of “Know Your Enemy: Reflections of NPD.”

“... It goes unrecognizable, but it exists...

Psychological murder can take many forms but the type I’m really referring to is of a covertly narcissistic and/or sociopathic nature. It may be too difficult for some people to be able to comprehend but it does happen and I’ve seen it happen.

Narcissistic/Sociopathic (narcopathic) abuse takes place when a narcissist or sociopath (or narcopath) attempts to convince someone gradually over time, that they are crazy, and proceeds to manipulate them into keeping quiet or to ultimately face their wrath. ... They use techniques such as crazy-making, character assassination and gas lighting in order to get their victim(s) to question their own sanity.”...

*“... The longer time goes on and the longer the victim tries to do something about it, the more severe the psychological abuse becomes. The narcissist/sociopath has already built an **army** of unwitting abusers who all help to drive the victim crazy...*

...The long-term consequences of these actions can be a devastating, soul crushing and reality-shattering path to be led down...

Of course, there are many other types of abuse that can have just as damaging and severe long-term consequences. However, psychological forms of abuse such as gas-lighting, mental rape, slander, defamation and distortion campaigns of a person’s reputation are done so covertly and expertly that they are very rarely identified early enough. The abuser, when carrying out these covert tasks, is faceless and undercover.” (end excerpt)

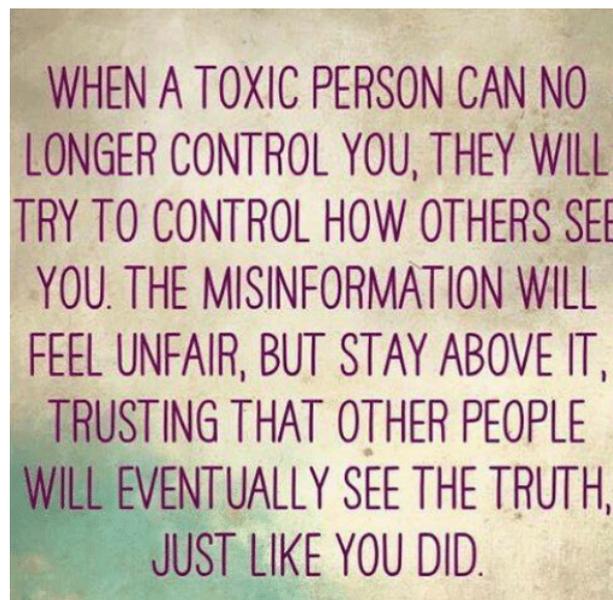
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All covert narcissists are faceless and undercover. They are faceless and undercover because of their calm demeanor. That is precisely why an onlooker, when they see someone reacting, needs to look at who a person might be reacting to. “Covert” implies faceless and undercover.

But the type of narcissist that enlists an army of unwitting helpers to help them abuse their victim ... that is a whole different level of “faceless and undercover” style of cruelty and death to their victim – in plain sight while onlookers support the narcissist victimizing someone else.

Narcissists like the ‘behind the scenes’ narc won’t stop at just making a person feel bad. This style of covert narcissism won’t stop until they have made their target feel like “Why am I even alive? There is nothing left of my life. This knife is so deep in my back, how did I not see it going in? How badly was I duped by everyone?”

Their victim has to carry the scars for a life time while this narc goes on their merry way and will repeat it to the next person who dares say “no” in any manner or who expresses any sort of personal boundary.



WHEN A TOXIC PERSON CAN NO LONGER CONTROL YOU, THEY WILL TRY TO CONTROL HOW OTHERS SEE YOU. THE MISINFORMATION WILL FEEL UNFAIR, BUT STAY ABOVE IT, TRUSTING THAT OTHER PEOPLE WILL EVENTUALLY SEE THE TRUTH, JUST LIKE YOU DID.

3) The Aggressive In-Your-Face Overt Narcissist – this style can fall into the malignant narcissist category – or close to this category

The aggressive ‘in your face’ narc is just that, aggressive and in your face. “Malignant” is more of a clinical name. But the self explanatory name is “aggressive and in your face narc.”

The aggressive ‘in-your-face’ style of narcissist will come flying out, overtly tearing you down the moment they hear the word, “no.” Even if your “no” is in the context of “I would rather put friendships over politics.”

These types of narcissists harbor so much dissatisfaction in life, their eventual eruption (or what looks like a fake face falling off) is inevitable.

One day, it is just not worth it and they will use anything to justify openly being rude, labeling their sudden rudeness as ‘just being real.’ They can blame their age on it, they can blame a lot of things on it, they will even blame YOU as justification for it.

Exactly like the other two styles of narcissism, the trigger word is “no” or “boundaries.”

The moment you show any sort of a sense of self ... BAM.... in your face. The aggressive in-your-face narcissist will name call their target “weak”, “controlling”, “dark”... etc

This style of narc will get more and more aggressive to your face each time you repeat your “no” or state your boundaries.

Unless someone has done something really bad to you, there is no reason to show disrespect to anyone. If a person disrespects you, and you haven't done anything to them, realize they have a serious problem. Narcissists and toxic people often feel "entitled" to be disrespectful just because they are angry, insecure, or dislike you. Disrespect is a sign of emotional immaturity and is abusive and should never be excused or tolerated.

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The 'in your face' (overt narcissists) are all alike in that, every time you say "no", it just incites this type of narc even more, and instantly.

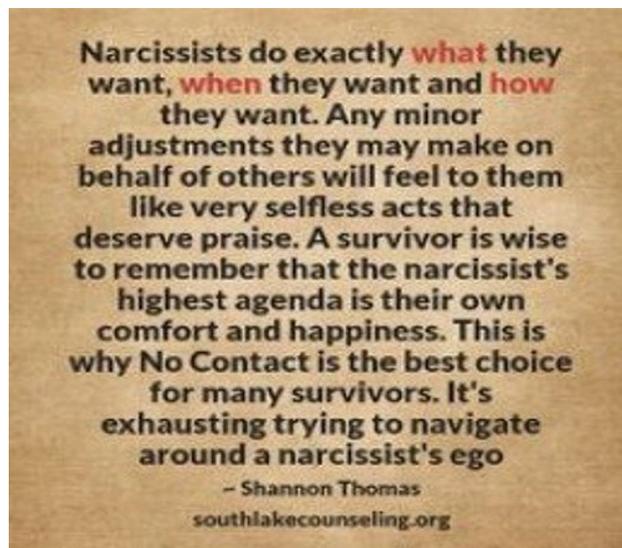
This type of a narcissist sees the word "no" or "boundaries" as a challenge that must **instantly** be met. It is need for instant gratification when aiming to *feeeee*/superior over their target who never aw it coming, by the way. Overt narcs strike fast, and out of nowhere.

With an overt narcissist, the switch gets flipped instantaneously whereas covert narcissists like to have more of an art to the pain they cause.

The 'in your face' narcs (overt narcissists) are basic in this way. No art to it. Just, one day, their fake face falls off and they make it clear they will say anything to you that they want, no matter how antagonistic it is.

The only response you can really give an overt narc is to thank them for showing their real face so any future decisions regarding them can now be made with full awareness of what they had been thinking all along prior to their fake face falling off.

In the mind of the overt narcissist though, their target is suppose to sit there, listen and expected to believe everything degrading coming out of the mouth of this overt narcissist while the narc is getting high on the *feeling* of authority, superiority and self righteousness.



Spotting an overt narc is super easy. When their fake face falls off, they are open and in your face about how they view boundaries. That is one of the first topics they verbally attack. All narcs view someone who has boundaries as someone who has control issues. However, only the overt narcissist will articulate it out loud and boastfully. (hence, overt)

I personally know two wives of two different husbands. Both husbands shared qualities of overt narcissism. In both marriages, their husbands would wake them up in the middle of the night to demand a conversation.

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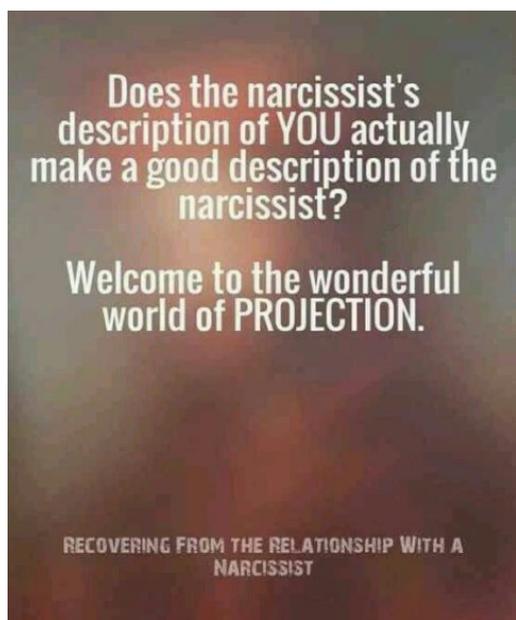
Neither wife of either of these husbands were allowed to say “no” to the conversation or “wait, I am sleeping” or anything that expressed a boundary to any topic being unexpectedly rammed on them out of nowhere.

Both their husbands demanded the right to gas light and emotionally bully their wives with any topic, in the middle of the night in this manner.

If the wives repeated their “no” or boundaries, the overt narcissist escalated by name calling as a way to tear them down and diminish them.

Everything that these overt narcissist’s name called their wives with was really the overt narcissist saying out loud what he new about himself to be true.

For instance, If the wife asks, “why are you always needing to gas light me and insist its okay, and in the middle of the night?” The narcissist would respond, “YOU are the gas lighter!”



Overt narcissists would not be able to, in the middle of their narc episodes, realize *they are the instigators* of the drama that just happened.

In that moment of ‘shooting up’ on their ego drug to feel superior, the uncontrollable impulse to tear someone else down and deflect everything onto their sudden target is the only thing they feel in that moment.

During their episode of full on narc mode, the narc (in this case, the ‘in your face’ narc) cannot make the connection that it is impossible for them to wake themselves up in order to instigate gas lighting themselves and then demand they yell at themselves in the middle of the night.

The overt narcissist, in the middle of an episode needing to get high on ego-drug, cannot make this distinction who is really the aggressor.

If you tell them that this is emotional bullying, you will be called the bully. They literally cannot make the distinction in the middle of a ‘feeling high on superiority’ episode.

To them, you are a bully because you said "no" or had a sense of boundaries.

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Overt narcissists can also reveal themselves on the topic of politics. Some have a case of what I call, 'Political Tourette Syndrome.' This is exhibited in aggressive behavior where they find it okay to rant on Facebook or randomly send antagonistic emails to random people they know don't think like they do.

This behavior is the equivalent of a person walking outside onto a street corner and randomly just yelling their opinion or ramming flyers in people's hands.

With an 'in your face' narcissist, if a person were to say "no" to that behavior, name calling will immediately begin. Demands to continue chasing you down the street, so to speak, with the topic of politics are sure to happen, all because "no" was said.

If you want to smoke out a overt narcissist, it is actually extremely easy to do. Their fake face falls off instantly the moment they realize you have a boundary and they are not being permitted to cross it and cannot get you to cross your own self boundary.

Overt narcissists are boring and basic in that they reveal their illness right away the moment someone says "no" or expresses a boundary. For them, the instant 'in your face' belittling and intimidation attempts via name calling is their game and method by how they get their *feeeeeeeeling* of superiority.

However, they are not boring and basic while having an episode of that need for their superiority-fix though.

Kids have grown up to be scarred adults from having parents like these, marriages end in divorce, girlfriends find themselves leaving more often than staying, then eventually leave for good and so on...

Actually, with all narcissists, this is the case. It is just more obvious in the overt narc because they do not have the patience the other types have where skill is required to hide it.

Overt narcissists simply don't have the patience to pot stir or manipulate group mind behind the scenes. They are like volcanoes ready to erupt.

When they erupt, they get right down to the business of gas lighting by diminishing their target, name calling and instantly getting high on 'feeeeeeling' superior over their target.

Overt and “Behind The Scenes” Narcissists Find It Easy To Be Friends With The Pot Stirring Narc.

WHY?

Pot stirring narcissists are more passive aggressive. Snakes in the grass, so to speak. They typically find themselves getting along with overt or ‘behind the scenes’ narcissists.

The pot stirring narcissist, if the victim of these other two lit them, gets to sit back and tell the victim “oh, what so and so did was not really that bad. Forget about it.”

The pot stirrer can get to ‘stir a pot’ of a fire someone else lit.

A passive aggressive narcissist, being lazy, gets to enjoy discussing other people’s reactions which the overt narcissist or ‘behind the scenes’ narcissist gas lit. An ego drug can be administered vicariously through the efforts of another narc.

If a person has not figured out yet that they might be dealing with multiple narcissists, a variety of them, and this target of the narcissists turns to the pot-stirrer (not yet realizing even that person who seems so nice is a full on narc) the target will not hear any support.

Instead, the target will hear things like, “I didn’t know”, “the other person isn’t so bad”, “you are just being too sensitive”, “get over it” etc... the target will hear the exact same phrases coming out of this narc that they would hear if the pot stirrer was stirring his own pot. Only it will be someone else who gas lit (overtly or behind the scenes) and the pot stirrer gets to enjoy the high.

The target is nothing more than a joint being passed around making the narcissist’s high on ego.

The pot stirring narcissist can have more of a passive aggressive and/or voyeur way of getting the ego-drug at someone else’s expense. It is also why a person can never rely on them for emotional protection.

Letting others light fires is why the instincts of a pot stirring style narc cannot even kick in to protect someone in the process of being abused. A passive aggressive pot stirrer can’t even bend that way. It simply goes against the grain of that style of covert narcissism.

Pot stirrers are resourceful in how they get their drugs, feeding off the damage other narcissists do is not beneath them. They will do it in your traditional calm “who me?” demeanor.

Let them judge you.
Let them misunderstand you.
Let them gossip about you.
Their opinions aren't your problem.
You stay kind, committed to love,
and free in your authenticity.
No matter what they do or say
don't you dare doubt your worth
or the beauty of your truth.
Just keep on shining like you do.

Scott Stable

For a pot-stirrer type of a narcissist, when they are the friends of or related to other narcissists, the “Circle Of Ego-Fix” Looks Like This:

1. A pot-stirring narcissist will hope you shove the elephant under the rug **while** continuing to gas light you with the dead elephant.
2. The ‘behind the scenes’ narcissist will keep discrediting you if you make one slight move he/she does not approve of. She will never have even spent time with you while claiming such authority on the subject of you. She will enjoy feeling smug and “knowing.” She waits, like a snake in the grass for the opportunity to gossip and validate all her superiority.
3. The overt narcissist, the in-your-face narcissist, that is self explanatory. You can’t reason with them, either. When they want to gas light, they enjoy it immensely and will brag to your face about how they are making you feel. They also are quite open about what they think about the word “boundary” and “no.”
4. Full circle: The pot-stirrer will enjoy the fruits of the labor of the other two narcissists. The pot stirrer will go so far as to passively aggressively help to mute a target of ANY narc into a reaction by simply minimizing anything to the target, telling the target he or she is over reacting, ignoring the emotional bullying going on in plain sight ... etc And.

If the pot stirrer is friends (or family) with the overt narc and/or the ‘behind the scenes’ narcissist, it benefits all of them.

Dark-Humor Joke

Since it becomes clear that people are in a narc's life for only one purpose, for their ego, dark humor begins to happen.

A passive aggressive narc, a 'behind the scenes' narc and an aggressive narc found themselves at a bar together.

You find the punch line.

Oh, wait. YOU are the punch line.

Never forget that.

Dark Humor Aside,

Being a victim of narcissists is SERIOUS stuff.

The narcissist's victim is minimized and muted, completely helpless, and being silently psychologically killed right in front of everyone.

Therefore, it is not a far stretch to realize that, worst case scenario, if a victim feels like nothing more than a walking empty shell after the abuse, an abuser can cause someone to commit suicide.

Best case scenario, if a target of a narc remains in the toxic situation, the target will find themselves in an emotional ditch, shredded to bits with what feels like permanent scars.

Narcissists suck the souls out of their victims and won't hesitate to kill them slowly while keeping them alive.

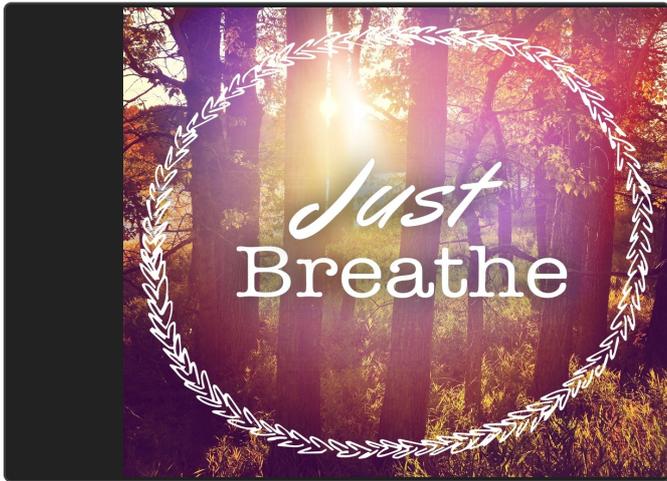
The only way for a victim to know what hit them, among other things, is if people around keep pointing it out when the pattern is happening, a good grief therapist/family counselor pulls out text books and examples from people with authority on the subject or someone just intervenes to remove the victim.

I emphasize the seriousness of this because, when I say that Sound Baths and Mala beads can help, I am fully – FULLY – aware that it just might be too late for some people who have been abused by a narcissist. PTSD caused by emotional abuse of a narcissist (and the packs they run with) can be permanent damage. I will never claim that Sound Baths and Mala Prayer Necklaces can "cure."

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But, having been on the receiving end of narcissists (no one can make it to my age without encountering them) I have seen how Sound Therapy and creative uses with Mala beads (combined with a good therapist) can calm the mind and at least give the target of narcissists a moment where they do not feel ruined so completely.

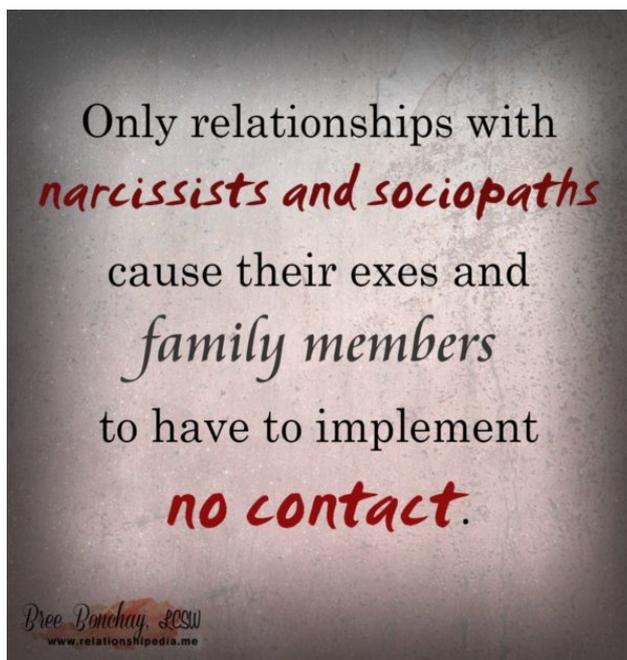
Any moment in time that is peaceful is a space all human beings deserve to experience



Mala Prayer Necklaces As A Healing Tool

Mala Prayer Necklaces – Step One:

Escaping The Narcissist



If possible, do whatever it takes to leave. The cycle will not be broken otherwise. Not everyone has this kind of freedom to be able to just leave. But, if you have that luxury, make the best use of it.

Sometimes you have to get lured back in a few times before you see the pattern.

That is okay. Giving things the benefit of the doubt makes you the better person.

Plus, seeing a hurtful situation over and over and feeling the repeated pain, can also act as an eventual epiphany, a type of closure.

Closure is constructive.

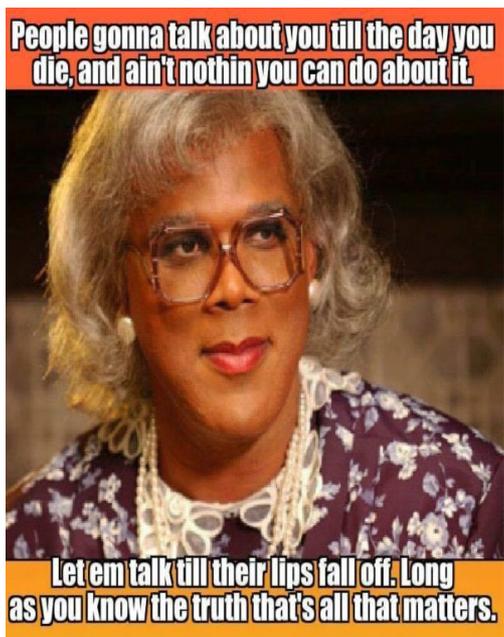
Don't beat yourself up if you got talked back into a situation repeatedly. At a certain point, you will have seen enough to know for sure whether apologies were sincere or not.

In time, if the same thing keeps happening, you will start to see apologies for what they are: a learned script meant to keep you off guard, close by, and you find yourself once again hurt by the same theme and variations.

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One day you will find closure. Sometimes the closure comes in form of an epiphany, realizing things will never change.

You know closure is beginning to take shape when the epiphany slaps you smack across the face and you realize you have been in a den of covert and overt narcissists who were just using you to satisfy their need to feel superior.



You know closure is beginning to take shape when you realize you were nothing more than ego-food for people to prop themselves up on while they analyze your reactions and pretend confusion and innocence.

This sudden and overwhelming realization that you are dealing with maybe as many as at least three narcissists, maybe four.

This sudden onset of clarity could cause you to essentially free yourself from their opinions and quite literally begin **yelling at them all** to "go have that party and talk smack about me until your lips fall off! I can't care any more!"

Giving them permission, taking off the shackles of "caring what anyone else says about you", that is one huge healthy way of saying to a pack of narcs, "Go f-yourself, I'm out. Find new ego-food elsewhere."

SERIOUSLY, realizing one is in a den of narcissists and arriving at a point you could care less what they talk about in order to feel superior, it is like burning a bra.

In that defining moment, the victim of a narcissistic abuser(s) is actively taking back his/her own power by no longer trying to satisfy this constantly moving goal post of trying to fully satisfy the narcs.

"Burning the bra" figuratively speaking, is one way a target of narcs can release themselves from the grip of psychological games narcs all like to play.

But one must feel it from the soul in order to retrieve one's soul in doing so. This is a moment where your instincts are reaching deep inside yourself to your most gut soul level possible.

In this moment, one must feel the pain of the collective narcissistic attacks that have happened for probably over a period of years.

You Can't Heal It If You Can't Feel It.

So this intense moment of pure raw explosion? It is actually a **really good sign** when you quit giving an 'F' and yell to the universe (the narcs) to 'go have that party!' It is the LAST one they will ever have at your expense.

You are now aware. That is step one.

What you are really saying is, "Go on! Have your high on superiority and self righteousness feeling all smug about yourselves. Enjoy it, because it is the LAST one you will ever get from me! I am not your drug any longer! When you get bored of the quiet - and you will - you will have to go find someone else to diminish so you can feel good about yourselves! F-OFF."



Scream it like a crazy lady, feel it to your soul, do whatever it takes so you never forget this feeling again.

In doing so, it is like an exorcism of the ability for any narc to ever feed off you again, it is less likely you will ever be able to be sucked back in with people that come across so nice.

During this self exorcism and Soul Retrieval when you are releasing yourself from any future grip of the 'den of narcs', you might even have an out of body experience hearing yourself screaming like a crazy person, "NEVER AGAIN! NEVER AGAIN! ... I NEED MY HEALTH!!"

In that out-of-body moment, you chose YOU.

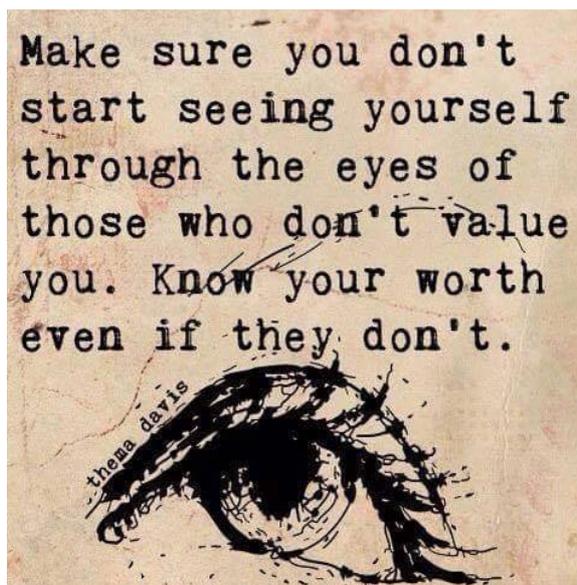
Congratulate yourself!

YOU chose YOU.

That is an amazing gut-level type of closure.

Not everyone can get to that gut wrenching soul-deep level of "*let go*", **but bravo if you did!**

Never again will you provide your narc with the energy-food required to give them their fix of "superiority". Ever.



In that moment of Soul-Screaming gut wrenching pain (combined with epiphany), you will know that you can never be lured back.

It is in these intense "NEVER AGAIN!" moments when your soul takes over and helps you to never again be the victim of your soul sucking narcissist or the packs they run in.

A bonus is, most likely, you most likely just made SUCH a huge noise, the narcissist (or narcissists) will WANT to find *someone else* for their ego food. Now you are just way too difficult to qualify as a target. LOL. YAE!



This epiphany moment when you realize you are in a den of narcissists is the moment when you commit to yourself as #1 going forward. No more giving the benefit of the doubt to see if you were actually seeing correctly or not from the person (or people) you once loved.

From this moment forward, when you are accused by *any* narcissist of thinking only of you, this time they would be correct.

BRAVO!!!

You are now in a better place to understand the meaning of what a therapist once said, "Love your neighbor as yourself – not more."

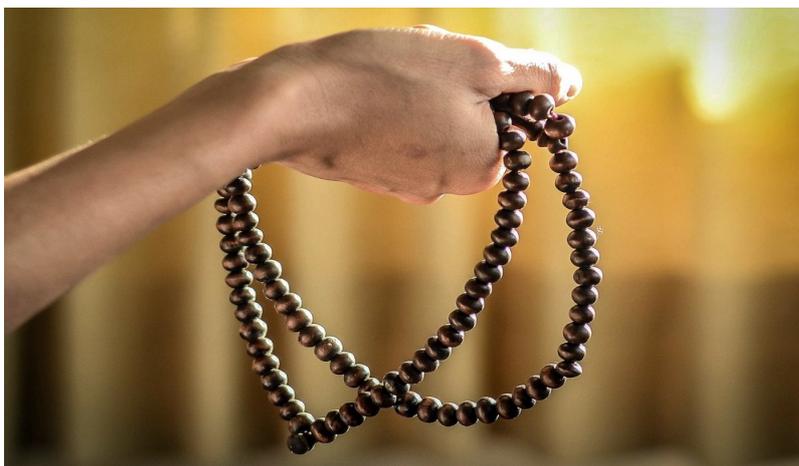
In this moment, you are a *Customer For Change*. When soul gut wrenching epiphany moments happen, there is no unringing that bell. Change has already happened.

The narcissist will now have to take the calm fake-kind exterior and find someone else for new food.

After you detox from the jabs, the having painful personal things constantly shoved in your face, whatever it is your narc justified gas lighting you with, you will find peace after the detoxing from the negative situation.

Mala Prayer Necklaces – Step Two:

Mala as a Tool to Move Forward



Refocus yourself. Choose a positive thought. Focus on the positive thought while touching a bead. Move to the next bead, feel its texture while focusing on the positive thought.

Repeat this process with each bead until you go around your entire Mala. You might start the process in tears. Or, you might start off so angry at yourself for believing any words spoken to you which lured you back in again. That is okay. It does not matter what your starting point is.

Keep focused on each bead every time you say your intention. Keep bringing your mind back to the bead.

Feel its texture, its shape. Focus there.

Focus on the words of positive affirmations or whatever it is you need in that moment.

Move from bead to bead, repeating the same approach.

108 times (the number of beads) saying a positive thought will leave zero room for negative people living rent free inside your head. If it takes you a few times going around 108 times, that is OKAY, too. There are no rules.

Do this process 1 – 3 times throughout the day, for 21 days.

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At the end of 21 days, you may feel you have regained the parts of your soul that felt injured. You will find yourself stronger and more able to never let any negative situation/person(s) suck you back in for more repeated situations that feel bad.

It takes 21 days to create a new habit. 21 days of refocusing in a positive manner, using your Mala as a tool, you will have tapped into a magical number used by the ancients (108) and brought it directly into your present day life.



One does not even have to be religious to benefit from this style of soul-prayer. All you need is a need to show up and reclaim your HEART which narcs tried to steal.

In order to benefit, you only need to be a human being experiencing life.

The whole point of using Mala Prayer Necklaces as a tool for every day life is learning how to go through your day being mindful.

Inhale in the good stuff, exhale out the bad stuff.

Part of healing may have been going back time and time again.

Pay attention to the pattern though. Eventually your narcissist will get bored of the silence and miss poking at someone.

Either your narc will find someone new to energy-feed off, or will come back to the familiar – you. Maybe both.

Chances are, you have been lured back to the situation repeatedly. The good qualities kept blinding you. We love our families, we love our tribes. We can't believe what we are seeing because it is cloaked in words of "love".

It is a natural thing to stay blinded – maybe even for a very long time.

Use the patterns of a narc like Mala beads: Pay attention to each time it happens. Notice the pattern, notice the theme and variations. Notice how, every time you end up demeaned, every time coldness is eventually accompanied with emotional cruelty, and every time it always ends in the same way: you react. (Justifiably)

Even if it is justified, you are the one blamed and name-called. Your reaction emboldens a narcissist to label you as "weak", "controlling." The narcissist might even deflect their own disorder on you and label you as the narcissist.

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Narcs can't help themselves. This predictable pattern happens. Every. Single. Time.

Should your narcissist (or group of narcissists) reappear and try to cycle you through again for old times sake, simply grab your Mala beads and focus on Mala Step Two.

Give your mind the attention, all the positive attention it needs to stay healthy, whole and removed from any more toxic situations.

This practice will be a tool of strength for you while you choose to not respond. Abusive situations no longer serve you.

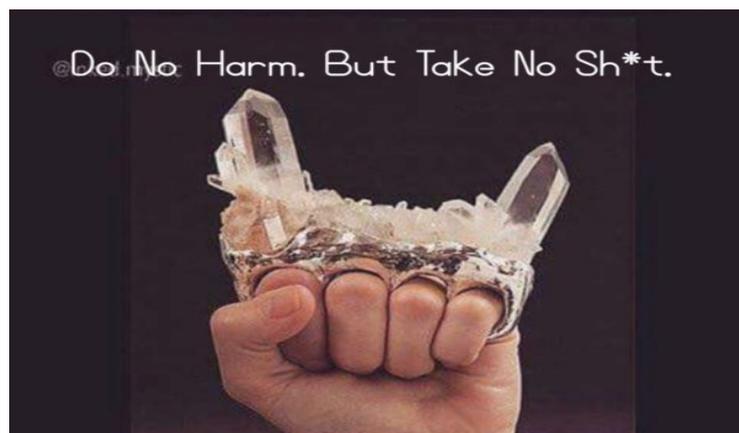
Each bead, each positive affirmation, each session of self care serves as a reminder that you are worth a whole lot more than what has been offered.

The narcissist will simply have to find a new target, get his/her superiority fix somewhere else.

In the meantime, your Mala beads can help steady your mind, focusing only on the good in that moment.

A good family counselor/grief therapist can also be very helpful for you while you detox from such a toxic experience that probably went on for years.

If your narc keeps coming back to lure you in for the never-ending rerun, you might need to remain in therapy until you have your gut wrenching eye-opening & literal "Soul Screaming" moment of "NEVER AGAIN!! NEVER AGAIN!!! ... I NEED MY HEALTH!"



Reclaiming Yourself: Your Soul-Scream-Moment

“Never Again!! Never Again!! ... I Need My Health!!”

In Yoga, you hear about Kundalini, a ‘snake’ (not literally) in our spines that awakens via various breathing exercises combined with movements.

I have often thought about this in relation to toxic relationships. It is as though Narcissists take that Kundalini life force right out of a person. Without a certain life force, it is easy to keep going back to toxic situations.

When a victim of a narcissist has that crazy person’s gut wrenching Soul Scream of, “NEVER AGAIN! NEVER AGAIN ... I NEED MY HEALTH” that is one version of Kundalini awakening, a human being is reborn, reawakened. What was stolen is reclaimed.

Naturally, the narc (or group of narcs) will view the reaction (once again) with glee that their target reacted. They got some energy-food by draining life force from their target. They are like, “oh goody. Now, while we are at it, let’s diminish her more. We are getting a fantastic reaction we were driving her to.”

That is their karma. Because of being pushed to a Soul Scream, the pack of narcs will be forced to move onto “greener’ pastures of unsuspecting, easier and less noisy targets.

You gotta feel the pain to heal the pain. If you reached “Soul Scream”, you are feeling it and can now let it go and never get lured back. Use the pain to protect yourself from narcissists going forward.

If needed, stay in therapy. Take your Mala beads to your therapy sessions and find different things you can do with them that give you moments of peace. Make a game out of it.

Here is a challenge. Find 108 different ways to find peace after narcissistic attacks. Apply each way to each bead as you focus on your Mala. Feel every sensation of the Mala while you find each new way towards your peace.

If your narc contacts you, never mind. Ignore the narc. Remain silent. Most importantly, never again respond.

Simply keep focused on your game “108 different ways to find peace in life after a narcissist(s)”.

There IS life after a narcissist (and the narcs they run with) as long as you keep your focus on your 108 ways to focus on yourself.

**Fool me once, shame on you.
Fool me twice, shame on me.
Nope. Shame on you and
ONLY you.
You took advantage of my
giving nature and what you
thought were unlimited
second chances, and even
worse tried to make me feel
bad about it. But I won't feel
bad about it, and I will not
change who I am. But I will
change where you fit in my
life.
What a shame for you.**

Lastly, don't forget to Just Breathe ... 108

PS: In case you wonder whatever happened to the Fresca, the rescue parrot, her two year photo journey is on the next pages.

At some point a book devoted just to her will happen. It will serve as an educational book how to care for parrots and what not to do, plus will show off her hard work to a healthy happy life.

Enjoy her journey on the next several pages.



This is what Fresca looked like 35 years ago. Black feathers were already beginning to come in, according to the photo, as avian vets pointed out. Look closely and you can see for yourself where Fresca's feathers are already starting to change. Aside from the black feathers though, this is what her species of Amazon should look like.

For the next 35 years, she sat on a perch in a corner with no window for sun, no cage to crawl around on and no toys to keep her mind active. She was also psychologically abused by being yelled at and sprayed with water whenever she would try to socialize with the humans.

Her humans, the only flock a domestic bird has, did not want to research proper care for a parrot. They decided they knew what was best for her.

(continue to next page.)

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So, **this** happened. This is Fresca 35 years later.

Know how unhealthy it would be for a human to sit on a couch with no exercise or mental stimuli or activity of any sort, no sun, not even a bath - for 35 years?

This photo is the perch Fresca sat on for 35 years. No cage to climb around on, in this corner, no window, no sun, no bath.

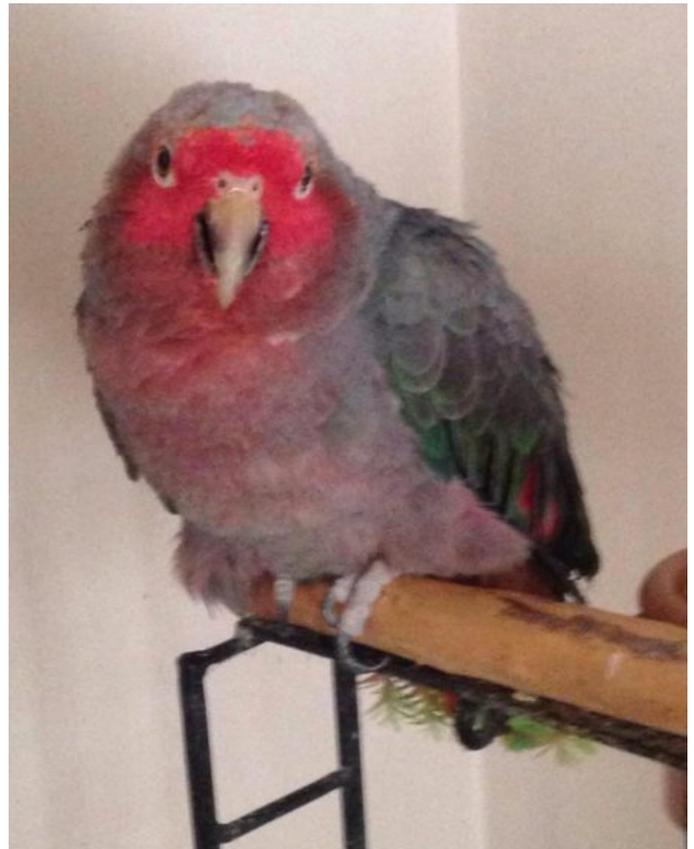
What you see in this photo is where she was for 35 years.

The family tried to blame their deceased father for this type of improper care and said what happened was only for five years.

However, it is well documented that there was no cage, no bath, no toys, no window, no sun... nothing that is proper care for a parrot -- for the entire 35 years.

It took a tribe ignoring Fresca's needs, even ignoring research, for a parrot to come out unrecognizable.

When the liver in humans is malfunctioning, our skin turns yellow. For parrots, their feathers turn red. When they are suffering from malnutrition, their feathers turn black. As for all the visible dust, that is from no bath - ever.





You already saw this photo below from day one of the rescue when this parrot could not even hold her head up for long and was leaning against someones face.

This person is gowned up because Fresca was so dirty from never having had a bath, she was filled with dust and small bugs. Anyone who got near instantly got a sinus infection and bug bites.

It was determined that Fresca could not be given a bath immediately since she had a traumatizing association with water. Even to see a spray bottle caused her to have great anxiety.

It took some time before a sink bath or shower bath was introduced.

There was concern the stress of water on her first few days would push her off a cliff she was already barely hanging onto. In case you scanned and didn't read the story, go back and read the section on Covert Narcissist - one of the examples of a covert "Behind The Scene" narcissist.

Most, but not all details are there. Since Fresca is a part of a story - but not the subject of the story - not all the gaps are filled in. However, enough are filled in for the reader to fully understand.
(continue to next page)

The next page is the fund raising bulletin.
Information how to donate has been **CROSSED OUT**
because obviously Operation Valentines is over and Fresca
has a wonderful home.

The reason Fresca's rescue was called "*Operation Valentine*" was because she was rescued on Valentines weekend. It was such a labor of love.

Between Valentines and the labor of love to save her life, it seemed an appropriate name.

OPERATION VALENTINE

A HEARTBREAKING VALENTINE RESCUE



This is a healthy Amazon parrot



This is Fresca

This is what happens when a parrot is fed an all seed diet and left on a perch, in the corner of a room, for 35 years. No cage to feel safe in, no toys to keep her mind busy, no exercise of any kind.

Fresca is a very sick little bird who is, at a minimum, suffering from malnutrition but all the indications point to severe liver disease. She is scheduled to see the local Avian Veterinarian for the first of what will likely be many visits, for many tests. And to make matters worse her human companion for all of those 35 years passed away suddenly last week so she is scared and heartbroken. We just hope that she has the will to keep going.

The first round of testing is estimated at **\$759** but if she requires medication or needs to be admitted to the hospital that will increase rapidly and this is just the beginning of her long recovery journey.

If you would like to help, please contact:
[Redacted]
[Redacted] 77
and don't forget to follow our account "Project valentine" or get in touch with Dynell Weber or Dianna Parr.

THANK YOU FROM THE BOTTOM OF OUR FEATHERED LITTLE HEARTS.

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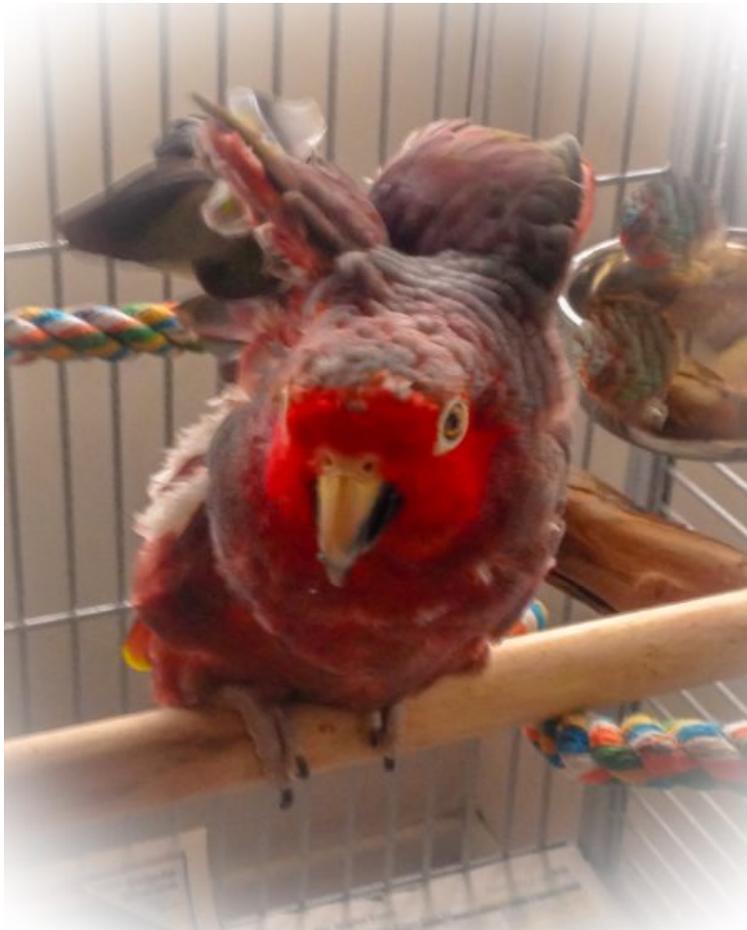
This next photo below is Fresca on the first day after she was legally adopted into her new forever home.

You can see she is still red from liver disease and black from malnutrition. However, you can also see she is happy and in a cage she can move around on. Look at this stretch. :-)!

You can see that she is much stronger and has chosen to live.

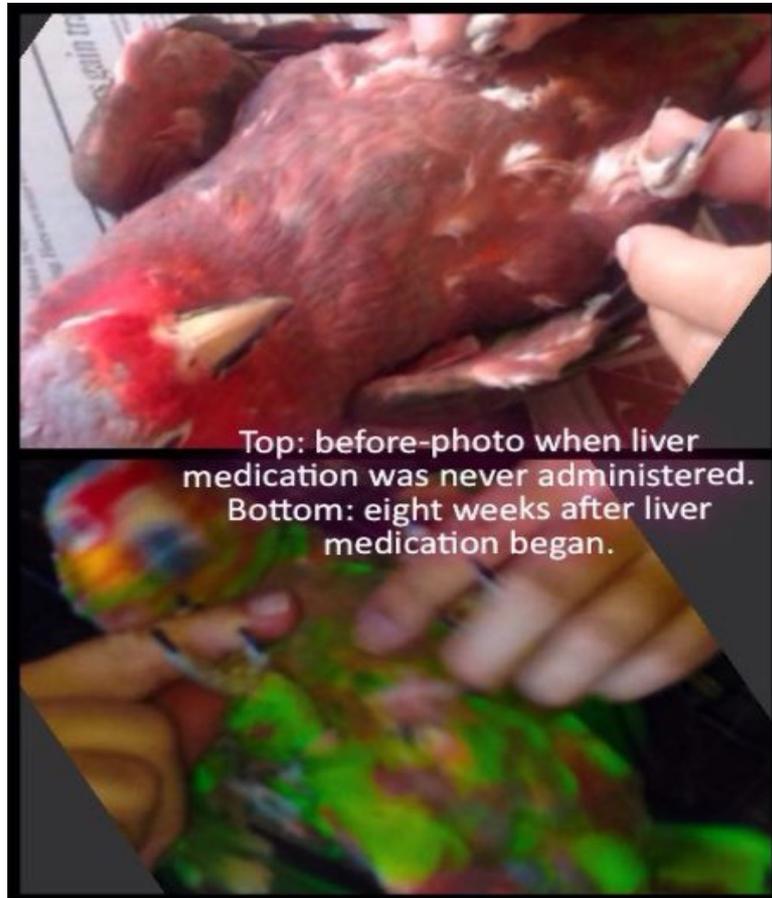
However, at this point, she had not yet begun medication she needed for her liver. The new adoptive family would begin that shortly.

After being on medication, you won't believe how her feathers began transforming back to green in just eight weeks and two years of molting after that.



The Magic Of 108: Using Mala Prayer Necklaces In The 21st Century

This next photo shows before and after from when she went on her liver medicine. She began these medicine after she was adopted. It took 8 weeks for her coloring to come back to normal, but you can see the drastic difference as she began to get healthier.



One year after her rescue, this was posted on Facebook to show people following Frescas progress the update. She has hundreds of fans. lol:

To get this kind of progress, it was five hours a day at first for about half a year. Going forward, she is a three hour a day Valentines Operation project for the rest of her life.

continue to next page

Operation Valentine From February 2015 - 2016

Feb 16, 2015



Day 2 of rescue

May 2015



First Day Adopted

Feb 10, 2016

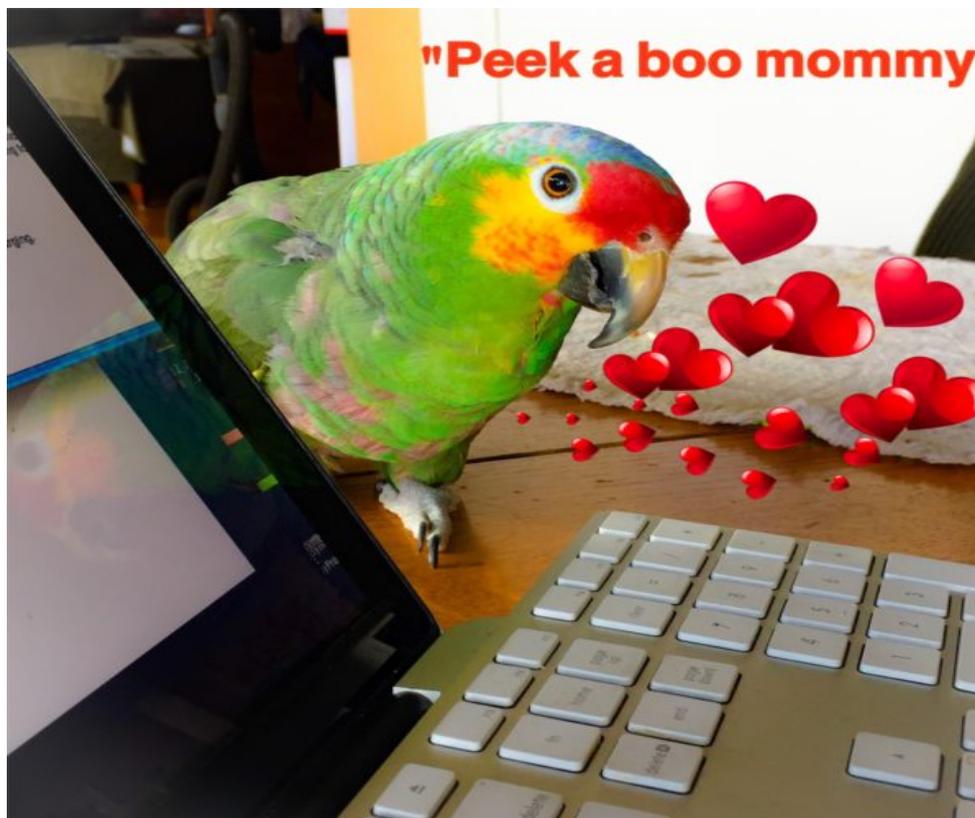


Bath time!

FAR RIGHT PHOTO: Frescas Yellow cheek feathers and green body feathers returning from proper care. She now even rolls over on her back to play. Haha Sun every day, plays ball, 3 hours of daily attention all year for rehabbing her and teaching Fresca how to be a parrot

This next photo below shows Fresca about 3 years later, 2018.

By now she has had so much attention from humans and been rehabilitated. She now is more like a happy puppy dog with wings. She walks all over the house, gets on computer key boards when she wants attention and basically thinks she owns the joint. Some call her a "puppy dog with wings" by the way she walks all over the house.



Fresca is, by default, a Heroine to Other Parrots.

We know Fresca is female since blood tests confirmed it. That makes her a heroine, not a hero.

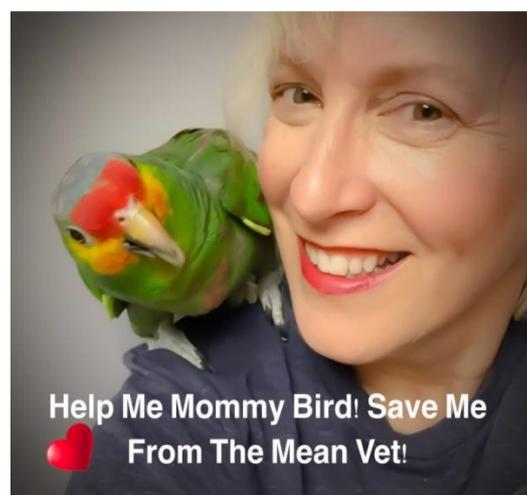
Many parrot owners speculate and decide they know the gender of their parrots. As a result, it can come as a shock to when owners have decided their bird is male, and then suddenly one day it lays an unfertilized egg.

It is kind of funny, but it is still a shock -- and a blow to the ego for guessing wrong. haha. Does Sammy then become Samantha? :-)!!

Because vets had never seen a parrot so discolored from poor health to the point they could not recognize Fresca's species without the baby photo, Fresca gained a lot of attention from many Avian vets while her monthly progress was closely followed and documented.

Fresca has been to the vet so many times and been seen by so many at this point, she now has "white coat syndrome."

What is "white coat syndrome?" Fresca spots that a *white coat* the vet wears and instantly jumps on her mommy bird's shoulder for protection. She has it all figured out. lol.



What is normal inside the parrot world is, vets and parrot owners learn from each other and share information.

As a result, Fresca's situation and what helped her progress became something that was not only well documented, but written about in the parrot world to help others know what not to do or what to do. Education is KEY.

Her red feathers are returning, indicating liver issues -- but her current owners are doing everything possible to monitor her constantly, knowing she came into the new flock with an already compromised liver. Improvements can't last forever. Her liver will always be her weak spot for the rest of her life.

Happy, comfortable, loved and monitored are the priorities placed on this truly loved pet of now three years. It is SO amazing, because no one expected her to live one week. In the beginning, all anyone wanted to do was show her one week of love, real human love. Look at her three years later!

Later This Fall, a VERY SPECIAL Mala Bead Surprise Is Coming Out. Check back!